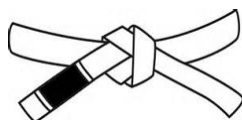


Name; \_\_\_\_\_

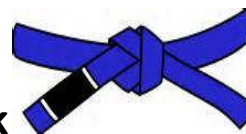
## White Belt Club

Class Lesson;

Key notes;



Homework of the week



Homework & PG#

Key Notes;

Example of when to use;

Example of when not to use;