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| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Crescent City Self Defense Studio

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| O | I | U | F | O | J | O | D | Q | I | N | H | G | P | D | E | R | S | R | W | U | T | Y | M |
| X | T | J | V | P | S | E | Q | T | L | E | B | K | C | A | L | B | W | Y | T | D | N | K | F |
| J | D | D | R | C | T | N | E | M | A | N | R | U | O | T | G | H | L | K | T | A | I | B | S |
| X | D | T | Q | H | V | I | L | K | M | T | G | Y | P | M | H | O | C | I | G | A | D | L | K |
| Z | C | B | U | O | N | C | F | R | I | E | L | G | W | G | E | O | M | H | W | R | L | A | T |
| J | P | K | B | R | S | T | R | E | T | C | H | E | P | X | L | Z | U | C | M | I | N | Q | D |
| F | X | M | O | A | W | Y | A | N | Q | B | W | T | X | B | Y | L | K | P | R | P | I | T | D |
| R | E | S | N | E | F | E | D | F | L | E | S | Y | D | Z | G | A | L | D | E | N | V | V | B |
| T | C | Z | W | S | S | V | F | P | V | V | Z | R | G | R | Y | J | E | G | F | M | V | G | T |
| J | H | P | H | Q | X | O | P | K | D | V | A | H | T | A | C | F | F | J | Z | H | Z | W | F |
| A | N | T | P | N | Q | T | R | C | Y | W | S | D | Y | T | I | H | J | J | M | O | X | M | I |
| L | J | X | C | K | I | C | E | H | N | Y | J | V | O | N | M | F | E | J | M | D | C | B | G |
| B | I | A | X | Y | O | X | K | W | C | L | P | M | K | P | B | Q | V | K | E | A | Q | F | H |
| Z | P | L | E | F | T | F | O | O | T | F | R | O | N | T | S | T | A | N | D | R | N | P | T |
| K | V | U | X | Z | X | D | T | Z | H | R | Y | U | N | R | H | W | W | I | L | I | S | A | I |
| C | W | R | B | B | V | E | K | I | R | T | S | E | E | N | K | F | H | O | U | J | D | J | N |
| I | C | L | S | L | U | D | T | Z | T | R | T | R | C | E | J | E | R | N | L | U | B | B | G |
| K | B | I | S | E | N | S | E | I | G | E | R | A | L | D | K | U | J | T | G | A | F | R | H |
| J | U | V | D | J | O | D | E | K | I | R | T | S | M | L | A | P | L | Y | T | S | R | F | A |
| Z | E | V | K | K | X | P | D | D | G | C | R | I | S | I | N | G | B | L | O | C | K | R | N |
| F | I | B | V | W | J | O | N | X | Q | K | K | A | R | A | T | E | K | A | M | P | O | L | D |
| W | R | U | X | P | X | C | J | C | L | A | P | P | E | R | T | A | R | G | E | T | S | P | S |
| S | E | N | S | E | I | K | E | V | I | N | Y | R | I | C | C | E | K | V | Q | X | C | J | G |
| R | Q | L | M | X | M | T | C | Y | F | H | G | Q | I | S | I | L | I | F | S | B | X | B | J |

   Self Defense       Knife Drills       Left Foot Front Stand       Fighting Hands       Downward Block       Rising Block       Karate Kamp       Sensei Kevin       Hodari Jua       Palm Strike       Knee Strike       Black Belt       Sensei Gerald       Tournament       Stretch       Kick       Clapper Targets       Dojo