

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Crescent City Self Defense Studio

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

Left Foot Front Stand  
Downward Block  
Knife Drills  
Karate Kamp  
Hodari Jua  
Stretch

Clapper Targets  
Sensei Gerald  
Rising Block  
Palm Strike  
Black Belt  
Kick

Fighting Hands  
Self Defense  
Sensei Kevin  
Knee Strike  
Tournament  
Dojo