

# **SOUTHERN OREGON KUNG FU SAN SOO**

## **Student Notebook**

### **Why do I need a Student Notebook?**

This is an integral part of your Kung Fu San Soo training experience. Your student notebook becomes your reference manual for Kung Fu San Soo. Your student notebook holds your class notes, handouts, and instructor evaluations.

### **Why do we take class notes?**

Class notes help you keep track of your training. They are a summation of what was covered in class each time you attend. This is where you record who you were participating with that day, techniques you learned, and personal thoughts about your class experience that day. Over time, not only does it serve as a reference for techniques you have learned, but also tracks your personal growth in the art.

### **How do I assemble my Student Notebook?**

#### **Student Notebook Assembly Instructions:**

1. Purchase a black or white, three ring binder with a clear insert on the cover for the cover page, a package of notebook paper, a package of page/section dividers, and a package of sheet protectors.
2. Insert a cover page in the front of the binder with your name on the bottom. The cover page on the front of the binder may be the one from the website or one that is tastefully personalized, nothing offensive or derogatory.
3. Inside cover page should be the cover page downloaded from the website with your name at the bottom. This cover page should be placed in a sheet protector.
4. The remaining sheet protectors are to be used for any handouts you receive and instructor evaluations.
5. Use the section dividers to have a section for Handouts, Class Notes, Instructor Evaluations, and Techniques. { While it is not required for you to recopy techniques into a separate section, it does aid in referencing your material. Techniques should be organized by type. An example would be Ah-Soo, Dap-Ga, Fut-Ga, Num-Pi, and Signature. }
6. Make sure to keep your student notebook in good condition.
7. Always bring your student notebook to class and take it home with you. Student notebooks left behind must be earned back by the student.