| Refine 50 | | | | | | |
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| Full Name: | | | | | | |
| Focused Practice: | | | | | | |
| Thoughtful, goal-driven effort to make specific improvements. | | | | | | |
| Technique Focus | 5 10 15 20 25 | | | | | |
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| | 30 | 35 | 40 | 45 | 50 | |
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| Reincorporation Poomsae | 2 | 4 | 6 | 8 | 10 | |
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| Instructor Signature : | | | | | | |

| Refine 50 | | | | | | |
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| Full Name: | | | | | | |
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| Thoughtful, goal-driven effort to make specific improvements. | | | | | | |
| Technique Focus | 5 | 10 | 15 | 20 | 25 | |
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| Refine 50 | | | | | | |
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| Full Name: | | | | | | |
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| Thoughtful, goal-driven effort to make specific improvements. | | | | | | |
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|--------------------------------------|-------------------|----------|-------|------|------|--|
| Full Name: | | | | | | |
| Focused Practice | Focused Practice: | | | | | |
| Thoughtful, goal-driven effort to ma | ke sp | ecific i | impro | veme | nts. | |
| Technique Focus | 5 | 10 | 15 | 20 | 25 | |
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| Refine 50 | | | | | | |
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| Thoughtful, goal-driven effort to make specific improvements. | | | | | | |
| Technique Focus | 5 | 10 | 15 | 20 | 25 | |
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| Thoughtful, goal-driven effort to make specific improvements. | | | | | | |
| Technique Focus | 5 | 10 | 15 | 20 | 25 | |
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