

WHITE BELT—GOLD BELT

Student Name:  
Belt Size and Color  
ID#:  
Responsible:

Read and Complete Book Test for “What to Say When You Talk To Talk Yourself”-Shad Helmstetter” or “Psychology of Winning”-Dennis Waitley

WTS  
POW

Yellow Stripe:  
(Intramurals–required)

Red Stripe (6):  
Attitude Stripe

Intent to Promote

Month 1

1	2	3	4	5	6	7	8	Grey Stripe:	Black Stripe:
---	---	---	---	---	---	---	---	--------------	---------------

Month 2

9	10	11	12	13	14	15	16	Grey Stripe:	Black Stripe:
---	----	----	----	----	----	----	----	--------------	---------------

Grey Stripe: Approval to test 16+ classes, 8 weeks (BB Success Skill)  
Black Stripe: Progress of Curriculum reviewed and approved by Instructor

WHITE BELT—GOLD BELT

Student Name:  
Belt Size and Color  
ID#:  
Responsible:

Read and Complete Book Test for “What to Say When You Talk To Talk Yourself”-Shad Helmstetter” or “Psychology of Winning”-Dennis Waitley

WTS  
POW

Yellow Stripe:  
(Intramurals–required)

Red Stripe (6):  
Attitude Stripe

Intent to Promote

Month 1

1	2	3	4	5	6	7	8	Grey Stripe:	Black Stripe:
---	---	---	---	---	---	---	---	--------------	---------------

Month 2

9	10	11	12	13	14	15	16	Grey Stripe:	Black Stripe:
---	----	----	----	----	----	----	----	--------------	---------------

Grey Stripe: Approval to test 16+ classes, 8 weeks (BB Success Skill)  
Black Stripe: Progress of Curriculum reviewed and approved by Instructor

WHITE BELT—GOLD BELT

Student Name:  
Belt Size and Color  
ID#:  
Responsible:

Read and Complete Book Test for “What to Say When You Talk To Talk Yourself”-Shad Helmstetter” or “Psychology of Winning”-Dennis Waitley

WTS  
POW

Yellow Stripe:  
(Intramurals–required)

Red Stripe (6):  
Attitude Stripe

Intent to Promote

Month 1

1	2	3	4	5	6	7	8	Grey Stripe:	Black Stripe:
---	---	---	---	---	---	---	---	--------------	---------------

Month 2

9	10	11	12	13	14	15	16	Grey Stripe:	Black Stripe:
---	----	----	----	----	----	----	----	--------------	---------------

Grey Stripe: Approval to test 16+ classes, 8 weeks (BB Success Skill)  
Black Stripe: Progress of Curriculum reviewed and approved by Instructor

WHITE BELT—GOLD BELT

Student Name:  
Belt Size and Color  
ID#:  
Responsible:

Read and Complete Book Test for “What to Say When You Talk To Talk Yourself”-Shad Helmstetter” or “Psychology of Winning”-Dennis Waitley

WTS  
POW

Yellow Stripe:  
(Intramurals–required)

Red Stripe (6):  
Attitude Stripe

Intent to Promote

Month 1

1	2	3	4	5	6	7	8	Grey Stripe:	Black Stripe:
---	---	---	---	---	---	---	---	--------------	---------------

Month 2

9	10	11	12	13	14	15	16	Grey Stripe:	Black Stripe:
---	----	----	----	----	----	----	----	--------------	---------------

Grey Stripe: Approval to test 16+ classes, 8 weeks (BB Success Skill)  
Black Stripe: Progress of Curriculum reviewed and approved by Instructor

	Goal	Progress	Test
Push ups			
Sit ups			
Leg Lifts			
squats			
Mountain Climbers			
Jump Rope			
Front Kicks			
Front Punches			
Side Kicks			
Round Kicks			
Run			

NOTES:

	Goal	Progress	Test
Push ups			
Sit ups			
Leg Lifts			
squats			
Mountain Climbers			
Jump Rope			
Front Kicks			
Front Punches			
Side Kicks			
Round Kicks			
Run			

NOTES:

	Goal	Progress	Test
Push ups			
Sit ups			
Leg Lifts			
squats			
Mountain Climbers			
Jump Rope			
Front Kicks			
Front Punches			
Side Kicks			
Round Kicks			
Run			

NOTES:

	Goal	Progress	Test
Push ups			
Sit ups			
Leg Lifts			
squats			
Mountain Climbers			
Jump Rope			
Front Kicks			
Front Punches			
Side Kicks			
Round Kicks			
Run			

NOTES: