

**Gold Belt**

Student Name:  
 Birthday:  
 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

Belt size:  
 Yellow Stripe:  
 (Intramurals–required)  
 Red Stripe (6):  
 Attitude Stripe  
 Intent to Promote Remote:

Month 1

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

9	10	11	12	13	14	15	16	Grey Stripe:	Black Stripe:
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Grey Stripe: Approval to test 16+ classes, 8 weeks (BB Success Skill)  
 Black Stripe: Progress of Curriculum reviewed and approved by Instructor

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

NOTES:

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

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