

### LEVEL 3

Low Brown--- Brown —Brown Green Belt

<p>Student Name:          Birthday:          ID#:          Responsible:</p> <p>Read and Completed Book Test for LEVEL 3</p> <p><input type="checkbox"/> "Against All Odds" Chuck Norris  <input type="checkbox"/> "The West Point Way Of Leadership" Col. Larry Donnathorn  <input type="checkbox"/> "The New Dynamics of Goal Setting" Dr. Dennis Waitley</p>	<div style="border: 1px solid black; height: 100px; margin: 10px auto; width: 150px; text-align: center; line-height: 100px;">Picture</div> <p>Belt size:           Yellow Stripe:          (Intramurals–          required)           Red Stripe (6):          Attitude Stripe           Intent to Promote          Remote:</p>
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#### 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 (word of the Month)  
 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: