

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

NOTES:

Basic / Level 1

Orange Belt

Green Belt

Purple Belt

Blue Belt

Student Name:

Birthday:

ID#:

Responsible:

Picture

Read and Completed Book Test for

☐ 7 Habits of Highly Effective People/Teens—Stephen Covey
 ☐ Maximum Achievement—Brian Tracy

Belt size:

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:
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Month 2

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

Black Stripe:

Approval to test 16+ classes, 8 weeks (word of the Month)

Progress of Curriculum reviewed and approved by Instructor