

Gold Belt

Student Name:
 Birthday:
 ID#:
 Responsible:

Belt size:

Yellow Stripe:
 (Intramurals–
 required)

Red Stripe (6):
 Attitude Stripe

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

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
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			
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