

LEVEL 2

High Blue Belt—Low Red Belt—Red Belt—High Red Belt

Student Name:

Yellow Stripe:
(Intramurals—required)

Red Stripe (6):
Attitude Stripe

Read and Completed Book Test for LEVEL 2

☐ “Unlimited Power” Tony Robbins

☐ “Awaken the Giant Within” Tony Robbins

☐ Intent to Promote

Month 1

1	2	3	4	5	6	7	8	Grey Stripe:	Black Stripe:
9	10	11	12	13	14	15	16	Grey Stripe:	Black Stripe:

Grey Stripe:

Black Stripe:

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

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			
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