**WHITE BELT—GOLD BELT**

|  |  |  |
| --- | --- | --- |
| Student Name: Belt Size and Color 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 |

Yellow Stripe: (Intramurals– required)

Red Stripe (6):

Attitude Stripe

Intent to Promote

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

Month 1

Grey Stripe: Approval to test 16+ classes, 8 weeks (BB Success Skill)

Black Stripe: Progress of Curriculum reviewed and approved by Instructor

**WHITE BELT—GOLD BELT**

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Month 1

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

|  |  |  |  |
| --- | --- | --- | --- |
|  |  |  | Run |
|  |  |  | Round Kicks |
|  |  |  | Side Kicks |
|  |  |  | Front Punches |
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|  |  |  | Mountain Climbers |
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|  |  |  | Leg Lifts |
|  |  |  | Sit ups |
|  |  |  | Push ups |
| Test | Progress | Goal |  |

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

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|  |  |  | Leg Lifts |
|  |  |  | Sit ups |
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| Test | Progress | Goal |  |

NOTES:

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