**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

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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   |   |

|  |  |  |  |
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| NOTES:  |  | NOTES:  |

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NOTES:

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