



White/Yellow/High Yellow Belt Standards

Jan/Feb & Jul/Aug



Basic

Application For Rank Advancement

Name: _____ Date of Birth: _____

Age: _____ Testing Date: _____ Forms and Fees Handed In? Y / N

Present Rank: _____ Applied Rank: _____

Below is for Testing Instructor ONLY

Is Student's Uniform And Belt Clean? _____ Does Student Have All Required Attendance Stripes? _____
 Does Student Have Instructors Approval? _____ (If Applicable) Parent's Approval? _____
 Judged By _____ Date _____ Judge's Rank _____

Stances

- Attention
- Bow
- Horse

Sparring

- Full Step Frwd/Back
- Switch Step

Pad Drill #1

- Jab/Jab/Cross/
Duck/Hook/Cross

Kicking Techniques

- Front Kick #1
- Front Kick #2
- Front Kick #3
- Rising Kick
- Outside Crescent
- Inside Crescent

Self Defense #1

- 1-6 blocks
- StarBlock Form

Philosophy/Mindset Training

- What is Personal Power
- Explain a Proper Ready Stance?
- Why do you bow?
(Please answer questions on separate piece of paper and turn in for graduation)
- Has Black Belt Attitude In Class?

***Honors Requirements

- One Leadership Project (LT only)
- AOK Requirement (written down)

Repetition Requirements

- Completed Sheet Turned In
(see right >>)

Passed Test

Work on techniques NOT CHECKED. Bring this sheet back to your next class for retesting

Head Instructor

Assistant Instructor

National Leadership Team (Altruism) Requirement

Required For Solid Belt Only (Green Belt)

Project Name: _____

Does it meet all 5 PBLT requirements? Y/N (see www.leadershipstudents.com)

Description of Project: _____

Project Results: _____

Graduate With HONORS! Honors Requirements

Testing For	Action	age 4-7	age 8-15
Yellow Belt	AOK	10	25
High-Yellow	AOK	25	50
Green Belt	AOK	25	50

Each Box = 1 Act of Kindness

Each Act Must Be Recorded in journal or on Digital Dojo To Count For Honors Award

box of 50

Additional Honors Curriculum - Repetition Requirements

Testing For	age 4-7	8+	4-7	8+	4-7	8+	4-7	8+
Yellow Belt	100	250	100	250	250	500	250	500
High-Yellow or Green Belt	125	325	125	325	250	500	250	500

Pushups	Crunches	Kicks	Hands

1 Box = 10 (All 25 boxes filled would be 250)
or **1 Box = 20** (All 25 boxes filled would be 500)