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| --- | --- | --- | --- |
| **Yellow and Advanced Yellow Belt Progress Sheet** | **Belt Promotion Recommended** |  |  |
| **Student Name:** |  | **Promotion Date:** | **AY** |  | **O** |  |
| **Techniques** | **Instructor** | **Completed** | **Student Test Sheet** |
| **Yellow Belt** |  |  | **A** | **O** | **A** | **P** | **A** | **B** | **A** | **G** | **A** | **R** | **R** | **R** | **B** |  |
| **Double Front**  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Single Front Push** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Front Hair Grab** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Rear Grab** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Rear Hair Grab** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Adv. Yellow** | **Instructor** | **Completed** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Bear Hug** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Wrist Grab** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Front Push** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Rear Push** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Front Scoop Up** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Yellow****Line/Pad Drill** | **Instructor** | **Date****Completed** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Blocks** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Kicks** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Strikes** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Break Falls** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Kata****Earth** | **Instructor** | **Date** **Completed** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Wall #1** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Wall #2** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Wall #3** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Wall #4** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Guarding Earth** | **Instructor** | **Completed** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Wall #1** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Wall #2** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Wall #3** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Wall #4** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Wall #3** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Wall #2** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Wall #1** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Drills** | **Instructor** | **Completed** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Sword Set 1** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Bo Staff Set 2** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Ground 2**  **- Takedowns** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Stick Sets- 1 to 3** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Kali 2 - Meet** **- Follow** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Terminology 2** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |