|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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** |  |  |  |  |  |  | |  |  | |  | |  |  |  | |  |  | |  | |  |