|  |  |  |
| --- | --- | --- |
| Red Belt Progress Sheet | **Belt Promotion Recommended** |  |
| **Student Name:** |  | **Promotion Date:** | **AR** |  |
| **Techniques** | **Instructor** | **Completed** | **Student Test Sheet** |
| **Red** |  |  | **R** | **R** | **B** | **NOTES:** |
| **Open Hand** |  |  |  |  |  |  |
| **Arm Pinch** |  |  |  |  |  |  |
| **Arm Lock** |  |  |  |  |  |  |
| **Drop Knee** |  |  |  |  |  |  |
| **Arm Crank** |  |  |  |  |  |  |
| **Face Twist** |  |  |  |  |  |  |
| **Vortex** |  |  |  |  |  |  |
| **Single Stick** |  |  |  |  |  |  |
| **Arm Pinch** |  |  |  |  |  |  |
| **Arm Lock** |  |  |  |  |  |  |
| **Drop Knee** |  |  |  |  |  |  |
| **Arm Crank** |  |  |  |  |  |  |
| **Face Twist** |  |  |  |  |  |  |
| **Vortex** |  |  |  |  |  |  |
| **Kata Lightning**  | **Instructor** | **Completed** |  |  |  |  |
| **Salutation** |  |  |  |  |  |  |
| **Part #1** |  |  |  |  |  |  |
| **Wall #2** |  |  |  |  |  |  |
| **Wall #3** |  |  |  |  |  |  |
| **Wall #4** |  |  |  |  |  |  |
| **Red Drills** | **Instructor** | **Completed** |  |  |  |  |
| **Knife Flow Set 1** |  |  |  |  |  |  |
| **Kama Set** |  |  |  |  |  |  |
| **Ground 7** **Jiu-Jitsu** |  |  |  |  |  |  |
|  |  |  |  |  |  |
| **Kali 7****Sumbrada 1&2** |  |  |  |  |  |  |
|  |  |  |  |  |  |
| **Ninjutsu 3****Taijustu 1** |  |  |  |  |  |  |
| **Terminology 7** |  |  |  |  |  |  |