



# *My Breaking Accomplishments*

These are breaking techniques  
that I have accomplished



DATE:

DESCRIBE THE BREAK:

---

---

RESULTS:

DATE:

DESCRIBE THE BREAK:

---

---

RESULTS:

DATE:

DESCRIBE THE BREAK:

---

---

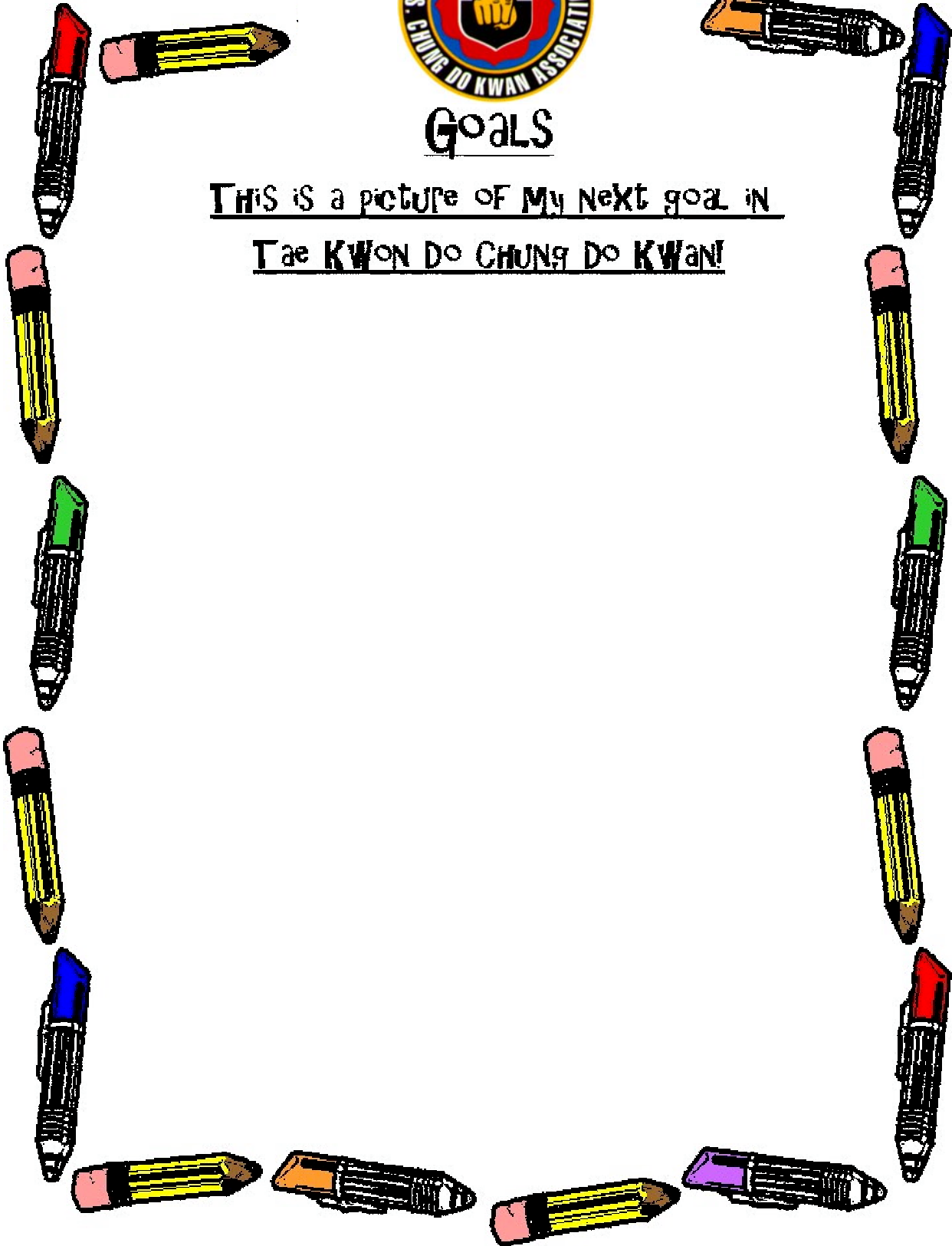
RESULTS:





# GOALS

THIS IS A PICTURE OF MY NEXT GOAL IN  
TAE KWON DO CHUNG DO KWAN!





# My Favorite Things

---



## White Belt



**FAVORITE FOOD**

---

**FAVORITE ONE STEP**

---

**FAVORITE KICK**

---

## Favorites

**FAVORITE MOVIE**

---

**FAVORITE STANCE**

---

**FAVORITE PART OF CLASS**

---

**FAVORITE BOOK**

---

**FAVORITE SCHOOL SUBJECT**

---

**I AM FEARFULLY AND WONDERFULLY MADE**

---



# My Favorite Things



## Yellow Belt



**FAVORITE FOOD**

-----

**FAVORITE ONE STEP**

-----

**FAVORITE KICK**

-----

## Favorites

**FAVORITE MOVIE**

-----

**FAVORITE STANCE**

-----

**FAVORITE PART OF CLASS**

-----

**FAVORITE BOOK**

-----

**FAVORITE SCHOOL SUBJECT**

-----

**I AM FEARFULLY AND WONDERFULLY MADE**





# My Favorite Things



## Gold Belt



FAVORITE FOOD

-----

FAVORITE ONE STEP

-----

FAVORITE KICK

-----

## Favorites

FAVORITE MOVIE

-----

FAVORITE STANCE

-----

FAVORITE PART OF  
CLASS

-----

FAVORITE BOOK

-----

FAVORITE  
SCHOOL SUBJECT

-----

I AM FEARFULLY AND WONDERFULLY MADE





# My Favorite Things



## Orange Belt



FAVORITE FOOD

-----

FAVORITE ONE STEP

-----

FAVORITE KICK

-----

## Favorites

FAVORITE MOVIE

-----

FAVORITE STANCE

-----

FAVORITE PART OF  
CLASS

-----

FAVORITE BOOK

-----

FAVORITE  
SCHOOL SUBJECT

-----

I AM FEARFULLY AND WONDERFULLY MADE





# My Favorite Things



## Green Belt



FAVORITE FOOD

-----

FAVORITE ONE STEP

-----

FAVORITE KICK

-----

## Favorites

FAVORITE MOVIE

-----

FAVORITE STANCE

-----

FAVORITE PART OF  
CLASS

-----

FAVORITE BOOK

-----

FAVORITE  
SCHOOL SUBJECT

-----

I AM FEARFULLY AND WONDERFULLY MADE



# My Favorite Things



## Purple Belt



FAVORITE FOOD

-----

FAVORITE ONE STEP

-----

FAVORITE KICK

-----

## Favorites

FAVORITE MOVIE

-----

FAVORITE STANCE

-----

FAVORITE PART OF  
CLASS

-----

FAVORITE BOOK

-----

FAVORITE  
SCHOOL SUBJECT

-----

I AM FEARFULLY AND WONDERFULLY MADE





# My Favorite Things



## Blue Belt



FAVORITE FOOD

-----

FAVORITE ONE STEP

-----

FAVORITE KICK

-----

## Favorites

FAVORITE MOVIE

-----

FAVORITE STANCE

-----

FAVORITE PART OF  
CLASS

-----

FAVORITE BOOK

-----

FAVORITE  
SCHOOL SUBJECT

-----

I AM FEARFULLY AND WONDERFULLY MADE



# My Favorite Things



## Red Belt



FAVORITE FOOD

-----

FAVORITE ONE STEP

-----

FAVORITE KICK

-----

## Favorites

FAVORITE MOVIE

-----

FAVORITE STANCE

-----

FAVORITE PART OF  
CLASS

-----

FAVORITE BOOK

-----

FAVORITE  
SCHOOL SUBJECT

-----

I AM FEARFULLY AND WONDERFULLY MADE



# My Favorite Things



## Brown Belt



FAVORITE FOOD

-----

FAVORITE ONE STEP

-----

FAVORITE KICK

-----

## Favorites

FAVORITE MOVIE

-----

FAVORITE STANCE

-----

FAVORITE PART OF  
CLASS

-----

FAVORITE BOOK

-----

FAVORITE  
SCHOOL SUBJECT

-----

I AM FEARFULLY AND WONDERFULLY MADE



# My Favorite Things



## 1st Gup Brown Belt



FAVORITE FOOD

\_\_\_\_\_

FAVORITE ONE STEP

\_\_\_\_\_

FAVORITE KICK

\_\_\_\_\_

## Favorites

FAVORITE MOVIE

\_\_\_\_\_

FAVORITE STANCE

\_\_\_\_\_

FAVORITE PART OF  
CLASS

\_\_\_\_\_

FAVORITE BOOK

\_\_\_\_\_

FAVORITE  
SCHOOL SUBJECT

\_\_\_\_\_

I AM FEARFULLY AND WONDERFULLY MADE



# My Favorite Things

---



\_\_\_\_\_

*Insert Rank Here*



**FAVORITE FOOD**

\_\_\_\_\_

**FAVORITE ONE STEP**

\_\_\_\_\_

**FAVORITE KICK**

\_\_\_\_\_

## Favorites

**FAVORITE MOVIE**

\_\_\_\_\_

**FAVORITE STANCE**

\_\_\_\_\_

**FAVORITE PART OF CLASS**

\_\_\_\_\_

**FAVORITE BOOK**

\_\_\_\_\_

**FAVORITE SCHOOL SUBJECT**

\_\_\_\_\_

**I AM FEARFULLY AND WONDERFULLY MADE**

---



# TAE KWON DO



<b>TAE</b>	<b>STRIKE WITH THE FOOT</b>
<b>KWON</b>	<b>STRIKE WITH THE HAND</b>
<b>DO</b>	<b>THE MIND (KNOWING WHEN AND WHEN NOT TO USE THIS ANCIENT FORM OF MARTIAL ARTS)</b>

**MY HAND AS A WHITE BELT**



# TAE KWON DO

---



<b>TAE</b>	<b>STRIKE WITH THE FOOT</b>
<b>KWON</b>	<b>STRIKE WITH THE HAND</b>
<b>DO</b>	<b>THE MIND (KNOWING WHEN AND WHEN NOT TO USE THIS ANCIENT FORM OF MARTIAL ARTS)</b>

**MY HAND AS A YELLOW BELT**



# TAE KWON DO

---



**TAE**      *STRIKE WITH THE FOOT*

**KWON**    *STRIKE WITH THE HAND*

**DO**        *THE MIND (KNOWING WHEN AND  
WHEN NOT TO USE THIS ANCIENT  
FORM OF MARTIAL ARTS)*

**MY HAND AS A GOLD BELT**





# TAE KWON DO

---



**TAE**      *STRIKE WITH THE FOOT*

**KWON**    *STRIKE WITH THE HAND*

**DO**        *THE MIND (KNOWING WHEN AND  
WHEN NOT TO USE THIS ANCIENT  
FORM OF MARTIAL ARTS)*

**MY HAND AS A ORANGE BELT**



# TAE KWON DO

---



**TAE**      *STRIKE WITH THE FOOT*

**KWON**    *STRIKE WITH THE HAND*

**DO**        *THE MIND (KNOWING WHEN AND  
WHEN NOT TO USE THIS ANCIENT  
FORM OF MARTIAL ARTS)*

**MY HAND AS A GREEN BELT**



# TAE KWON DO

---



**TAE**      *STRIKE WITH THE FOOT*

**KWON**    *STRIKE WITH THE HAND*

**DO**        *THE MIND (KNOWING WHEN AND  
WHEN NOT TO USE THIS ANCIENT  
FORM OF MARTIAL ARTS)*

**MY HAND AS A PURPLE BELT**



# TAE KWON DO

---



**TAE**      *STRIKE WITH THE FOOT*

**KWON**    *STRIKE WITH THE HAND*

**DO**        *THE MIND (KNOWING WHEN AND  
WHEN NOT TO USE THIS ANCIENT  
FORM OF MARTIAL ARTS)*

**MY HAND AS A BLUE BELT**



# TAE KWON DO

---



**TAE**      *STRIKE WITH THE FOOT*

**KWON**    *STRIKE WITH THE HAND*

**DO**        *THE MIND (KNOWING WHEN AND  
WHEN NOT TO USE THIS ANCIENT  
FORM OF MARTIAL ARTS)*

**MY HAND AS A RED BELT**



# TAE KWON DO

---



<b>TAE</b>	<b>STRIKE WITH THE FOOT</b>
<b>KWON</b>	<b>STRIKE WITH THE HAND</b>
<b>DO</b>	<b>THE MIND (KNOWING WHEN AND WHEN NOT TO USE THIS ANCIENT FORM OF MARTIAL ARTS)</b>

**MY HAND AS A BROWN BELT**



# TAE KWON DO



**TAE**      *STRIKE WITH THE FOOT*

**KWON**    *STRIKE WITH THE HAND*

**DO**        *THE MIND (KNOWING WHEN AND  
WHEN NOT TO USE THIS ANCIENT  
FORM OF MARTIAL ARTS)*

**MY HAND AS A 1ST GUP BROWN BELT**



# TAE KWON DO



**TAE**      *STRIKE WITH THE FOOT*

**KWON**    *STRIKE WITH THE HAND*

**DO**        *THE MIND (KNOWING WHEN AND  
WHEN NOT TO USE THIS ANCIENT  
FORM OF MARTIAL ARTS)*

**MY HAND AS A \_\_\_\_\_**





# WHITE BELT



## More About ME

Sports I Enjoy

---

---

---

What I Do For Fun

---

---

---

Special Events

---

---

---

What I Want To Be  
When I Grow Up

---

---

---

Special Places  
I've Been

---

---

---

My Special Friends

---

---

---

**A BLACK BELT IS A WHITE BELT WHO NEVER QUILTS** -Grandmaster E.B. Sell



# YELLOW BELT



## More About ME

Sports I Enjoy

---

---

---

What I Do For Fun

---

---

---

Special Events

---

---

---

What I Want To Be  
When I Grow Up

---

---

---

Special Places  
I've Been

---

---

---

My Special Friends

---

---

---

**A BLACK BELT IS A WHITE BELT WHO NEVER QUILTS** -Grandmaster E.B. Sell



# GOLD BELT



## More About ME

Sports I Enjoy

---

---

---

What I Do For Fun

---

---

---

Special Events

---

---

---

What I Want To Be  
When I Grow Up

---

---

---

Special Places  
I've Been

---

---

---

My Special Friends

---

---

---

**A BLACK BELT IS A WHITE BELT WHO NEVER QUILTS** -Grandmaster E.B. Sell



# ORANGE BELT



## More About ME

Sports I Enjoy

---

---

---

What I Do For Fun

---

---

---

Special Events

---

---

---

What I Want To Be  
When I Grow Up

---

---

---

Special Places  
I've Been

---

---

---

My Special Friends

---

---

---

**A BLACK BELT IS A WHITE BELT WHO NEVER QUILTS** -Grandmaster E.B. Sell



# GREEN BELT



## More About ME

Sports I Enjoy

---

---

---

What I Do For Fun

---

---

---

Special Events

---

---

---

What I Want To Be  
When I Grow Up

---

---

---

Special Places  
I've Been

---

---

---

My Special Friends

---

---

---

**A BLACK BELT IS A WHITE BELT WHO NEVER QUILTS** -Grandmaster E.B. Sell



# PURPLE BELT



## More About ME

Sports I Enjoy

---

---

---

What I Do For Fun

---

---

---

Special Events

---

---

---

What I Want To Be  
When I Grow Up

---

---

---

Special Places  
I've Been

---

---

---

My Special Friends

---

---

---

**A BLACK BELT IS A WHITE BELT WHO NEVER QUILTS** -Grandmaster E.B. Sell



# BLUE BELT



## More About ME

Sports I Enjoy

---

---

---

What I Do For Fun

---

---

---

Special Events

---

---

---

What I Want To Be  
When I Grow Up

---

---

---

Special Places  
I've Been

---

---

---

My Special Friends

---

---

---

**A BLACK BELT IS A WHITE BELT WHO NEVER QUILTS** -Grandmaster E.B. Sell



# RED BELT



## More About ME

Sports I Enjoy

---

---

---

What I Do For Fun

---

---

---

Special Events

---

---

---

What I Want To Be  
When I Grow Up

---

---

---

Special Places  
I've Been

---

---

---

My Special Friends

---

---

---

**A BLACK BELT IS A WHITE BELT WHO NEVER QUILTS** -Grandmaster E.B. Sell





# BROWN BELT



## More About ME

Sports I Enjoy

---

---

---

What I Do For Fun

---

---

---

Special Events

---

---

---

What I Want To Be  
When I Grow Up

---

---

---

Special Places  
I've Been

---

---

---

My Special Friends

---

---

---

**A BLACK BELT IS A WHITE BELT WHO NEVER QUILTS** -Grandmaster E.B. Sell



# 1ST GUP BROWN BELT



## More About ME

Sports I Enjoy

---

---

---

What I Do For Fun

---

---

---

Special Events

---

---

---

What I Want To Be  
When I Grow Up

---

---

---

Special Places  
I've Been

---

---

---

My Special Friends

---

---

---

**A BLACK BELT IS A WHITE BELT WHO NEVER QUILTS** -Grandmaster E.B. Sell



\_\_\_\_\_

*Insert Rank Here*

\_\_\_\_\_



## More About ME

**Sports I Enjoy**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**What I Do For Fun**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Special Events**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**What I Want To Be  
When I Grow Up**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Special Places  
I've Been**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**My Special Friends**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**A BLACK BELT IS A WHITE BELT WHO NEVER QUILTS** -Grandmaster E.B. Sell



# WHITE BELT



**DATE RECEIVED** \_\_\_\_\_

**AGE** \_\_\_\_\_

**GRADE** \_\_\_\_\_

**HEIGHT** \_\_\_\_\_

**WEIGHT** \_\_\_\_\_

**SHOE SIZE** \_\_\_\_\_

**A BLACK BELT IS A WHITE BELT WHO NEVER QUILTS** -Grandmaster E.B. Sell



# YELLOW BELT



Photo

**DATE RECEIVED**

\_\_\_\_\_

**AGE**

\_\_\_\_\_

**GRADE**

\_\_\_\_\_

**HEIGHT**

\_\_\_\_\_

**WEIGHT**

\_\_\_\_\_

**SHOE SIZE**

\_\_\_\_\_

**A BLACK BELT IS A WHITE BELT WHO NEVER QUILTS** -Grandmaster E.B. Sell



# GOLD BELT



Photo

**DATE RECEIVED** \_\_\_\_\_

**AGE** \_\_\_\_\_

**GRADE** \_\_\_\_\_

**HEIGHT** \_\_\_\_\_

**WEIGHT** \_\_\_\_\_

**SHOE SIZE** \_\_\_\_\_

**A BLACK BELT IS A WHITE BELT WHO NEVER QUILTS** -Grandmaster E.B. Sell



# ORANGE BELT



Photo

**DATE RECEIVED** \_\_\_\_\_

**AGE** \_\_\_\_\_

**GRADE** \_\_\_\_\_

**HEIGHT** \_\_\_\_\_

**WEIGHT** \_\_\_\_\_

**SHOE SIZE** \_\_\_\_\_

**A BLACK BELT IS A WHITE BELT WHO NEVER QUILTS** -Grandmaster E.B. Sell



# GREEN BELT



Photo

**DATE RECEIVED**

\_\_\_\_\_

**AGE**

\_\_\_\_\_

**GRADE**

\_\_\_\_\_

**HEIGHT**

\_\_\_\_\_

**WEIGHT**

\_\_\_\_\_

**SHOE SIZE**

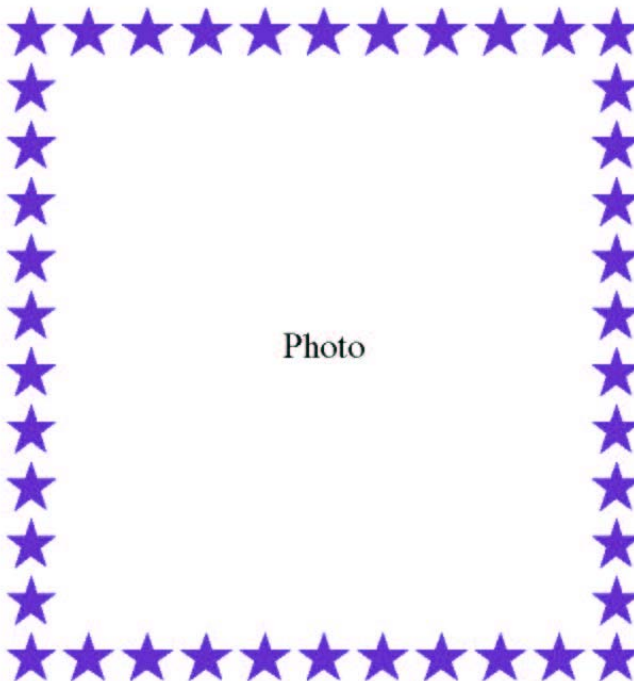
\_\_\_\_\_

**A BLACK BELT IS A WHITE BELT WHO NEVER QUILTS** -Grandmaster E.B. Sell





# PURPLE BELT



Photo

**DATE RECEIVED**

\_\_\_\_\_

**AGE**

\_\_\_\_\_

**GRADE**

\_\_\_\_\_

**HEIGHT**

\_\_\_\_\_

**WEIGHT**

\_\_\_\_\_

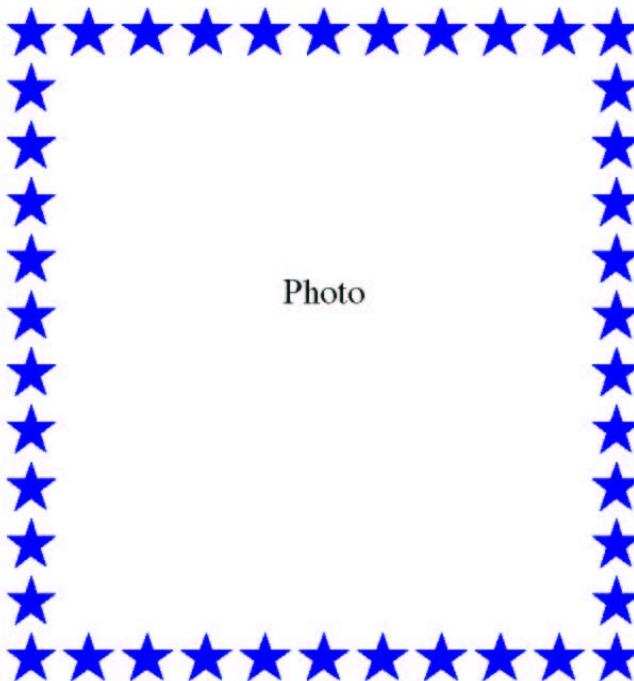
**SHOE SIZE**

\_\_\_\_\_

**A BLACK BELT IS A WHITE BELT WHO NEVER QUILTS** -Grandmaster E.B. Sell



# BLUE BELT



Photo

**DATE RECEIVED** \_\_\_\_\_

**AGE** \_\_\_\_\_

**GRADE** \_\_\_\_\_

**HEIGHT** \_\_\_\_\_

**WEIGHT** \_\_\_\_\_

**SHOE SIZE** \_\_\_\_\_

**A BLACK BELT IS A WHITE BELT WHO NEVER QUILTS** -Grandmaster E.B. Sell



# RED BELT



Photo

**DATE RECEIVED** \_\_\_\_\_

**AGE** \_\_\_\_\_

**GRADE** \_\_\_\_\_

**HEIGHT** \_\_\_\_\_

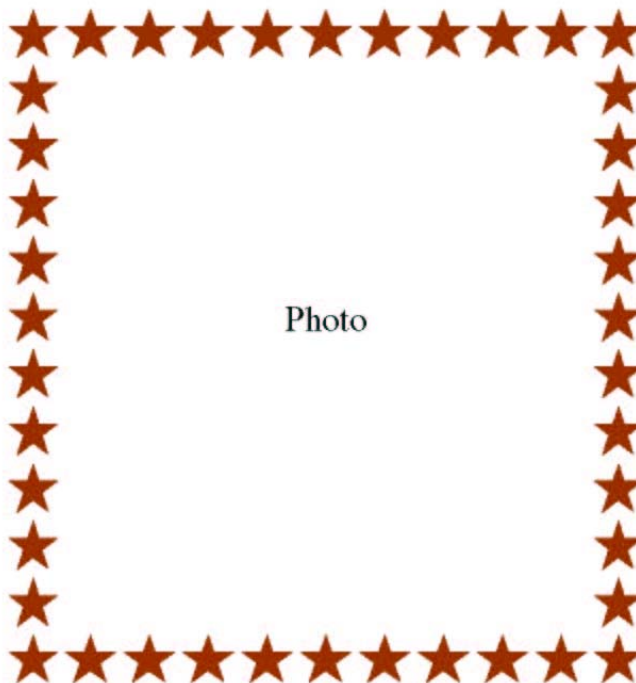
**WEIGHT** \_\_\_\_\_

**SHOE SIZE** \_\_\_\_\_

**A BLACK BELT IS A WHITE BELT WHO NEVER QUILTS** -Grandmaster E.B. Sell



# BROWN BELT



Photo

**DATE RECEIVED** \_\_\_\_\_

**AGE** \_\_\_\_\_

**GRADE** \_\_\_\_\_

**HEIGHT** \_\_\_\_\_

**WEIGHT** \_\_\_\_\_

**SHOE SIZE** \_\_\_\_\_

**A BLACK BELT IS A WHITE BELT WHO NEVER QUILTS** -Grandmaster E.B. Sell



# 1ST GUP BROWN BELT



Photo

**DATE RECEIVED** \_\_\_\_\_

**AGE** \_\_\_\_\_

**GRADE** \_\_\_\_\_

**HEIGHT** \_\_\_\_\_

**WEIGHT** \_\_\_\_\_

**SHOE SIZE** \_\_\_\_\_

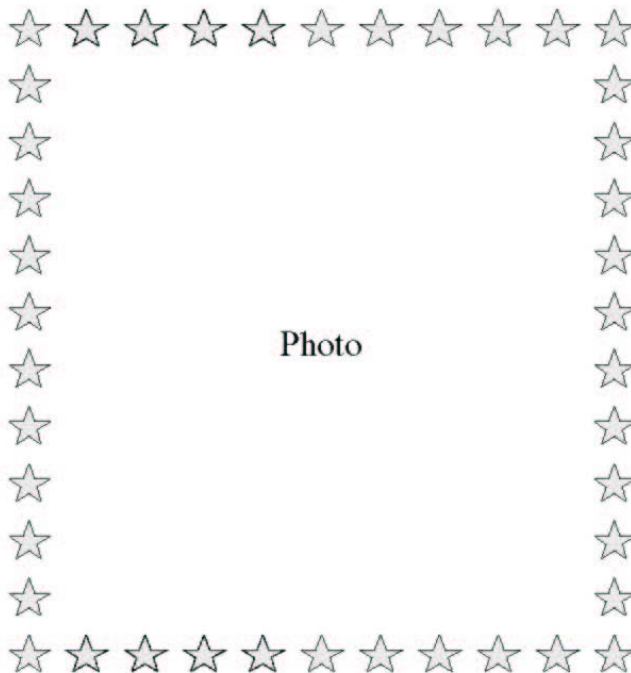
**A BLACK BELT IS A WHITE BELT WHO NEVER QUILTS** -Grandmaster E.B. Sell



\_\_\_\_\_

*Insert Rank Here*

\_\_\_\_\_



**DATE RECEIVED** \_\_\_\_\_

**AGE** \_\_\_\_\_

**GRADE** \_\_\_\_\_

**HEIGHT** \_\_\_\_\_

**WEIGHT** \_\_\_\_\_

**SHOE SIZE** \_\_\_\_\_

**A BLACK BELT IS A WHITE BELT WHO NEVER QUILTS** -Grandmaster E.B. Sell



# WHITE BELT



## STRENGTH AND ENDURANCE

**NUMBER OF PULL UPS**

-----

**NUMBER OF MINUTES I CAN  
RUN IN PLACE**

-----

**NUMBER OF INCHES I CAN  
JUMP FROM STANDING**

-----

**IN ONE MINUTE I CAN DO:**

**NUMBER OF PUSH-UPS**

-----

**NUMBER OF SIT-UPS**

-----

**NUMBER OF JUMPING JACKS**

-----

***I HAVE FOUGHT THE GOOD FIGHT, I HAVE FINISHED THE RACE, I HAVE KEPT THE FAITH.***



# YELLOW BELT



## STRENGTH AND ENDURANCE

NUMBER OF PULL UPS \_\_\_\_\_

NUMBER OF MINUTES I CAN  
RUN IN PLACE \_\_\_\_\_

NUMBER OF INCHES I CAN  
JUMP FROM STANDING \_\_\_\_\_

### IN ONE MINUTE I CAN DO:

NUMBER OF PUSH-UPS \_\_\_\_\_

NUMBER OF SIT-UPS \_\_\_\_\_

NUMBER OF JUMPING JACKS \_\_\_\_\_

*I HAVE FOUGHT THE GOOD FIGHT, I HAVE FINISHED THE RACE, I HAVE KEPT THE FAITH.*





# GOLD BELT



## **STRENGTH AND ENDURANCE**

**NUMBER OF PULL UPS** \_\_\_\_\_

**NUMBER OF MINUTES I CAN  
RUN IN PLACE** \_\_\_\_\_

**NUMBER OF INCHES I CAN  
JUMP FROM STANDING** \_\_\_\_\_

**IN ONE MINUTE I CAN DO:**

**NUMBER OF PUSH-UPS** \_\_\_\_\_

**NUMBER OF SIT-UPS** \_\_\_\_\_

**NUMBER OF JUMPING JACKS** \_\_\_\_\_

***I HAVE FOUGHT THE GOOD FIGHT, I HAVE FINISHED THE RACE, I HAVE KEPT THE FAITH.***



# ORANGE BELT



## **STRENGTH AND ENDURANCE**

**NUMBER OF PULL UPS** \_\_\_\_\_

**NUMBER OF MINUTES I CAN  
RUN IN PLACE** \_\_\_\_\_

**NUMBER OF INCHES I CAN  
JUMP FROM STANDING** \_\_\_\_\_

### **IN ONE MINUTE I CAN DO:**

**NUMBER OF PUSH-UPS** \_\_\_\_\_

**NUMBER OF SIT-UPS** \_\_\_\_\_

**NUMBER OF JUMPING JACKS** \_\_\_\_\_

***I HAVE FOUGHT THE GOOD FIGHT, I HAVE FINISHED THE RACE, I HAVE KEPT THE FAITH.***



# GREEN BELT



## **STRENGTH AND ENDURANCE**

**NUMBER OF PULL UPS** \_\_\_\_\_

**NUMBER OF MINUTES I CAN  
RUN IN PLACE** \_\_\_\_\_

**NUMBER OF INCHES I CAN  
JUMP FROM STANDING** \_\_\_\_\_

### **IN ONE MINUTE I CAN DO:**

**NUMBER OF PUSH-UPS** \_\_\_\_\_

**NUMBER OF SIT-UPS** \_\_\_\_\_

**NUMBER OF JUMPING JACKS** \_\_\_\_\_

***I HAVE FOUGHT THE GOOD FIGHT, I HAVE FINISHED THE RACE, I HAVE KEPT THE FAITH.***



# PURPLE BELT



## STRENGTH AND ENDURANCE

NUMBER OF PULL UPS

-----

NUMBER OF MINUTES I CAN  
RUN IN PLACE

-----

NUMBER OF INCHES I CAN  
JUMP FROM STANDING

-----

IN ONE MINUTE I CAN DO:

NUMBER OF PUSH-UPS

-----

NUMBER OF SIT-UPS

-----

NUMBER OF JUMPING JACKS

-----

*I HAVE FOUGHT THE GOOD FIGHT, I HAVE FINISHED THE RACE, I HAVE KEPT THE FAITH.*



# BLUE BELT



## **STRENGTH AND ENDURANCE**

**NUMBER OF PULL UPS** \_\_\_\_\_

**NUMBER OF MINUTES I CAN  
RUN IN PLACE** \_\_\_\_\_

**NUMBER OF INCHES I CAN  
JUMP FROM STANDING** \_\_\_\_\_

### **IN ONE MINUTE I CAN DO:**

**NUMBER OF PUSH-UPS** \_\_\_\_\_

**NUMBER OF SIT-UPS** \_\_\_\_\_

**NUMBER OF JUMPING JACKS** \_\_\_\_\_

***I HAVE FOUGHT THE GOOD FIGHT, I HAVE FINISHED THE RACE, I HAVE KEPT THE FAITH.***



# RED BELT



## **STRENGTH AND ENDURANCE**

**NUMBER OF PULL UPS** \_\_\_\_\_

**NUMBER OF MINUTES I CAN  
RUN IN PLACE** \_\_\_\_\_

**NUMBER OF INCHES I CAN  
JUMP FROM STANDING** \_\_\_\_\_

**IN ONE MINUTE I CAN DO:**

**NUMBER OF PUSH-UPS** \_\_\_\_\_

**NUMBER OF SIT-UPS** \_\_\_\_\_

**NUMBER OF JUMPING JACKS** \_\_\_\_\_

***I HAVE FOUGHT THE GOOD FIGHT, I HAVE FINISHED THE RACE, I HAVE KEPT THE FAITH.***



# BROWN BELT



## STRENGTH AND ENDURANCE

NUMBER OF PULL UPS \_\_\_\_\_

NUMBER OF MINUTES I CAN  
RUN IN PLACE \_\_\_\_\_

NUMBER OF INCHES I CAN  
JUMP FROM STANDING \_\_\_\_\_

### IN ONE MINUTE I CAN DO:

NUMBER OF PUSH-UPS \_\_\_\_\_

NUMBER OF SIT-UPS \_\_\_\_\_

NUMBER OF JUMPING JACKS \_\_\_\_\_

*I HAVE FOUGHT THE GOOD FIGHT, I HAVE FINISHED THE RACE, I HAVE KEPT THE FAITH.*



## 1 ST GUP BROWN BELT



### **STRENGTH AND ENDURANCE**

**NUMBER OF PULL UPS**

-----

**NUMBER OF MINUTES I CAN  
RUN IN PLACE**

-----

**NUMBER OF INCHES I CAN  
JUMP FROM STANDING**

-----

**IN ONE MINUTE I CAN DO:**

**NUMBER OF PUSH-UPS**

-----

**NUMBER OF SIT-UPS**

-----

**NUMBER OF JUMPING JACKS**

-----

***I HAVE FOUGHT THE GOOD FIGHT, I HAVE FINISHED THE RACE, I HAVE KEPT THE FAITH.***





\_\_\_\_\_

*Insert Rank Here*

\_\_\_\_\_



## **STRENGTH AND ENDURANCE**

**NUMBER OF PULL UPS**

\_\_\_\_\_

**NUMBER OF MINUTES I CAN  
RUN IN PLACE**

\_\_\_\_\_

**NUMBER OF INCHES I CAN  
JUMP FROM STANDING**

\_\_\_\_\_

**IN ONE MINUTE I CAN DO:**

**NUMBER OF PUSH-UPS**

\_\_\_\_\_

**NUMBER OF SIT-UPS**

\_\_\_\_\_

**NUMBER OF JUMPING JACKS**

\_\_\_\_\_

***I HAVE FOUGHT THE GOOD FIGHT, I HAVE FINISHED THE RACE, I HAVE KEPT THE FAITH.***