



PROMOTION TO ORANGE BELT

This form must be complete and submitted to the exam instructor prior to the pretest and exam

YES, I HAVE:

- _____ .Recited the Message of the Month and can answer questions on its meaning
- _____ Selected at least one friend to attend my exam.
- _____ Has attended 16 or more classes as a Gold Belt
- _____ Participated in Two Intramural Tournaments
- _____ . Been consistently stretching at home for at least 15 minutes a day.
- _____ .Submitted on a 3 x 5 card, personal and karate oriented goals, to be achieved within the next Six months, one year, and five years.
- _____ .Been recommended for Leadership or Master Club by instructor.
- _____ Selected my new days of attendance. **M. T. W. TH. F. S. (CIRCLE TWO)**

Under 18 only!

- _____ Intent to promote signed by teacher and parent
- _____ Expressed gratitude to parents for paying tuition and driving me to class.
- _____ Continued to demonstrate respect to parents, teachers and family members.

Master Lewis Date

Student Name (Print) Date

Exam Instructor Date

Parent/Guardian Date