Student Name:	Testing Date:	Oct 20 - 26



High Orange Belt Requirements			
Nage Waza (Throwing To	echniques) - demo	nstrate 2 throws fror	n this cycle:
Throw Name:			
Throw Name:			
Osaekomi Waza (Pinning	g Techniques) - De	monstrate 1 pin from	this cycle:
Pin Name:			
Newaza Skills - Demons	rate 2 turnovers fro	om this cycle:	
Turnover Name:		_	
Turnover Name:		_	
Ukemi – show us all 4 ty	oes of ukemi below	r:	
Forward Ukemi	Rear Ukemi	Side Ukemi	Rolling Ukemi

Teach one technique from this cycle from start to finish.

Respectful Behavior Checklist



Parents and Teachers,

We want our students to develop physically, mentally, socially, and emotionally – and knowing that they're being respectful both inside and outside of the dojo is part of our criteria for belt promotions.

We respectfully request a few moments to let us know whether or not this student is being respectful and following directions.

Student's Name:				
PARENT'S SECTION				
My child is behaving and cooperating at home: YESNO				
My child is doing what I ask of them the first time I ask: YES NO				
Parent's Signature:				
TEACHER'S SECTION				
This student has been doing satisfactory, or better, work in class and is receiving passing grades				
while also being respectful to teachers, students, and themselves.				
YES NO Signature:				

If a student does not meet both of the requirements at home and in school, we will hold the student's rank until there has been improvement. Thank you very much for your help.

Best,

Sensei Max

info@grapplerstation.com / 612-356-2408