

Student Name: \_\_\_\_\_ Testing Week: Apr 20 - 25

## Jiu Jitsu Yellow/White Belt Requirements

**Takedown** - demonstrate 1 from this cycle

1. \_\_\_\_\_

**Guard Passes** - demonstrate 1 from this cycle

1. \_\_\_\_\_

**Sweep** - demonstrate 1 from this cycle

1. \_\_\_\_\_

**Submission** - demonstrate 1 from this cycle

1. \_\_\_\_\_

**Teach 1 technique 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: \_\_\_\_\_ YES \_\_\_\_\_ NO

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**

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