

**Adv. Purple Belt**  
**(5th degree)**  
**7 months**

Student Name: \_\_\_\_\_

Date: \_\_\_\_\_ Evaluator: \_\_\_\_\_

1. Line 1 (1-10): \_\_\_\_\_

1. Basic Techniques (1-10) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

1. Foundation Form (1-20): \_\_\_\_\_

.....

Date: \_\_\_\_\_ Evaluator: \_\_\_\_\_

2. Line 2 (1-10): \_\_\_\_\_

2. Punch Techniques (1-10) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

2. Falls and Rolls (1-5) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

Page Total: \_\_\_\_\_

Member Name: \_\_\_\_\_

**Advanced Purple Belt**

.....

Date: \_\_\_\_\_ Evaluator: \_\_\_\_\_

3. Line 3 (1-10): \_\_\_\_\_

3. Grab Techniques (1-10) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

3. Counter Grapples (1-5) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

3. Locks (1-5) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

Page Total: \_\_\_\_\_

Member Name: \_\_\_\_\_

**Advanced Purple Belt**

.....

Date: \_\_\_\_\_ Evaluator: \_\_\_\_\_

4. Line 4 (1-10): \_\_\_\_\_

4. Kick Techniques (1-10) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

4. Bo Double Fast Spin (1-5): \_\_\_\_\_

4. Ki Principles (1-5) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

4. Throws (1-5) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

4. Takedowns (1-5) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

4. Escapes (1-5) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

Page Total: \_\_\_\_\_

Member Name: \_\_\_\_\_

**Advanced Purple Belt**

.....

Date: \_\_\_\_\_ Evaluator: \_\_\_\_\_

5. Line 5 (1-10): \_\_\_\_\_

5. Grapple Techniques (1-10) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

5. Protector (1-30): \_\_\_\_\_

5. Bo Set (1-5): \_\_\_\_\_

5. Two Man Open Hand Set 1 (1-10): \_\_\_\_\_

5. Grapple Drops (1-5) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

5. Grapple Defenses (1-5) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

.....

Date: \_\_\_\_\_ Evaluator: \_\_\_\_\_

6. Guardian Series F-P (1-40): \_\_\_\_\_

6. Strike Sparring (1-20): \_\_\_\_\_

6. Slow Motion Grapple Sparring (1-20): \_\_\_\_\_

Page Total: \_\_\_\_\_

Member Name: \_\_\_\_\_

**Advanced Purple Belt**

.....

Date: \_\_\_\_\_ Evaluator: \_\_\_\_\_

T. Line 6 (1-10): \_\_\_\_\_

T. Ground Techniques (1-10) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

T. Bo Form (1-20): \_\_\_\_\_

T. 2-man Open Hand Set 2 (1-10): \_\_\_\_\_

T. Escrima Set (1-5): \_\_\_\_\_

T. Grapple Finishes (1-5) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

T. Breaking (1-20): \_\_\_\_\_

Page Total: \_\_\_\_\_

Member Name: \_\_\_\_\_

**Advanced Purple Belt**

.....  
*BONUS ITEMS*

CPR/First Aid Card (1 know, 2 both cards expired,  
3 one card expired with one valid card, 4 valid cards, 5 teach ): \_\_\_\_\_

Extra Participation - Seminars, Tournaments, Helps, etc. (1-5): \_\_\_\_\_

NBBC (3 - first time through, 5 - two or more times through): \_\_\_\_\_

NBBC Summaries (1 - some, 2 - behind but keeping pace, 5 - current): \_\_\_\_\_

Summary Exploration Essay (1-5): \_\_\_\_\_

This is an essay exploring in detail some subject of a lecture or discussion of interest to the student.  
For good writing, a student can expect about one point per 500 words (one page typed).

Bonus Subject Exploration Essay (1-5): \_\_\_\_\_

This is an essay exploring some subject relevant either to martial arts or faith that is of interest to the student.  
For good writing and logical thinking, a student can expect about one point per 500 words (one page typed).  
This essay may argue against the subject of a discussion or against a statement made in class, or it may explore a subject only touched on collateral to a main topic. It may also involve any other martial arts subject or a subject discussed in church. Note that if references are used, those references should be cited. Notes should be included if discussing a sermon, including who gave the message and at which church.

Page Total: \_\_\_\_\_

Possible: 815

Passing: 527

TOTAL: \_\_\_\_\_

COMMENTS: \_\_\_\_\_

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

**Blue Belt**  
**(4th degree)**  
**8 months**

Student Name: \_\_\_\_\_

Date: \_\_\_\_\_ Evaluator: \_\_\_\_\_

1. Line 1 (1-10): \_\_\_\_\_

1. Basic Techniques (1-10) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

1. Foundation Form (1-20): \_\_\_\_\_

.....

Date: \_\_\_\_\_ Evaluator: \_\_\_\_\_

2. Line 2 (1-10): \_\_\_\_\_

2. Punch Techniques (1-10) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

2. Falls and Rolls (1-5) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

Page Total: \_\_\_\_\_

Member Name: \_\_\_\_\_

**Blue Belt**

.....

Date: \_\_\_\_\_ Evaluator: \_\_\_\_\_

3. Line 3 (1-10): \_\_\_\_\_

3. Grab Techniques (1-10) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

3. Counter Grapples (1-5) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

3. Locks (1-5) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

Page Total: \_\_\_\_\_

Member Name: \_\_\_\_\_

**Blue Belt**

.....

Date: \_\_\_\_\_ Evaluator: \_\_\_\_\_

4. Line 4 (1-10): \_\_\_\_\_

4. Kick Techniques (1-10) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

4. Bo Double Fast Spin (1-5): \_\_\_\_\_

4. Ki Principles (1-5) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

4. Throws (1-5) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

4. Takedowns (1-5) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

4. Escapes (1-5) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

Page Total: \_\_\_\_\_

Member Name: \_\_\_\_\_

**Blue Belt**

.....

Date: \_\_\_\_\_ Evaluator: \_\_\_\_\_

5. Line 5 (1-10): \_\_\_\_\_

5. Grapple Techniques (1-10) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

5. Protector (1-30): \_\_\_\_\_

5. Bo Set (1-5): \_\_\_\_\_

5. Two Man Open Hand Set 1 (1-10): \_\_\_\_\_

5. Grapple Drops (1-5) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

5. Grapple Defenses (1-5) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

Page Total: \_\_\_\_\_

Member Name: \_\_\_\_\_

**Blue Belt**

.....

Date: \_\_\_\_\_ Evaluator: \_\_\_\_\_

6. Line 6 (1-10): \_\_\_\_\_

6. Ground Techniques (1-10) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

6. Bo Form (1-20): \_\_\_\_\_

6. 2-man Open Hand Set 2 (1-10): \_\_\_\_\_

6. Escrima Set (1-5): \_\_\_\_\_

6. Grapple Finishes (1-5) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

6. Breaking (1-20): \_\_\_\_\_

.....

Date: \_\_\_\_\_ Evaluator: \_\_\_\_\_

7. Guardian Series (1-40): \_\_\_\_\_

7. Strike Sparring (1-20): \_\_\_\_\_

7. Grapple Sparring (1-20): \_\_\_\_\_

Page Total: \_\_\_\_\_

Member Name: \_\_\_\_\_

**Blue Belt**

.....

Date: \_\_\_\_\_ Evaluator: \_\_\_\_\_

T. Line 7 (1-10): \_\_\_\_\_

T. Protection Techniques (1-10) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

T. Escrima Form (1-20): \_\_\_\_\_

T. 2-man Club to Knife Set (1-10): \_\_\_\_\_

T. Kiatsu (1-5): \_\_\_\_\_

Page Total: \_\_\_\_\_

Member Name: \_\_\_\_\_

**Blue Belt**

.....  
*BONUS ITEMS*

CPR/First Aid Card (1 know, 2 both cards expired,  
3 one card expired with one valid card, 4 valid cards, 5 teach ): \_\_\_\_\_

Extra Participation - Seminars, Tournaments, Helps, etc. (1-5): \_\_\_\_\_

NBBC (3 - first time through, 5 - two or more times through): \_\_\_\_\_

NBBC Summaries (1 - some, 2 - behind but keeping pace, 5 - current): \_\_\_\_\_

Summary Exploration Essay (1-5): \_\_\_\_\_

This is an essay exploring in detail some subject of a lecture or discussion of interest to the student.  
For good writing, a student can expect about one point per 500 words (one page typed).

Bonus Subject Exploration Essay (1-5): \_\_\_\_\_

This is an essay exploring some subject relevant either to martial arts or faith that is of interest to the student.  
For good writing and logical thinking, a student can expect about one point per 500 words (one page typed).  
This essay may argue against the subject of a discussion or against a statement made in class, or it may explore a subject only touched on collateral to a main topic. It may also involve any other martial arts subject or a subject discussed in church. Note that if references are used, those references should be cited. Notes should be included if discussing a sermon, including who gave the message and at which church.

Massage (1-3, 4 licensed, 5 teacher): \_\_\_\_\_

Page Total: \_\_\_\_\_

Possible: 900

Passing: 585

TOTAL: \_\_\_\_\_

COMMENTS: \_\_\_\_\_

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

**Green Belt**

**(3rd degree)**

**9 months**

Student Name: \_\_\_\_\_

Date: \_\_\_\_\_

Evaluator: \_\_\_\_\_

1. Line 1 (1-10): \_\_\_\_\_

1. Basic Techniques (1-10) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

1. Foundation Form (1-20): \_\_\_\_\_

.....

Date: \_\_\_\_\_

Evaluator: \_\_\_\_\_

2. Line 2 (1-10): \_\_\_\_\_

2. Punch Techniques (1-10) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

2. Falls and Rolls (1-5) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

Page Total: \_\_\_\_\_

Member Name: \_\_\_\_\_

**Green Belt**

.....

Date: \_\_\_\_\_

Evaluator: \_\_\_\_\_

3. Line 3 (1-10): \_\_\_\_\_

3. Grab Techniques (1-10) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

3. Counter Grapples (1-5) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

3. Locks (1-5) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

Page Total: \_\_\_\_\_

Member Name: \_\_\_\_\_

**Green Belt**

.....

Date: \_\_\_\_\_ Evaluator: \_\_\_\_\_

4. Line 4 (1-10): \_\_\_\_\_

4. Kick Techniques (1-10) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

4. Bo Double Fast Spin (1-5): \_\_\_\_\_

4. Ki Principles (1-5) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

4. Throws (1-5) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

4. Takedowns (1-5) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

4. Escapes (1-5) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

Page Total: \_\_\_\_\_

Member Name: \_\_\_\_\_

**Green Belt**

.....

Date: \_\_\_\_\_ Evaluator: \_\_\_\_\_

5. Line 5 (1-10): \_\_\_\_\_

5. Grapple Techniques (1-10) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

5. Protector (1-30): \_\_\_\_\_

5. Bo Set (1-5): \_\_\_\_\_

5. Two Man Open Hand Set 1 (1-10): \_\_\_\_\_

5. Grapple Drops (1-5) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

5. Grapple Defenses (1-5) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

Page Total: \_\_\_\_\_

Member Name: \_\_\_\_\_

**Green Belt**

.....

Date: \_\_\_\_\_ Evaluator: \_\_\_\_\_

6. Line 6 (1-10): \_\_\_\_\_

6. Ground Techniques (1-10) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

6. Bo Form (1-20): \_\_\_\_\_

6. 2-man Open Hand Set 2 (1-10): \_\_\_\_\_

6. Escrima Set (1-5): \_\_\_\_\_

6. Grapple Finishes (1-5) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

6. Breaking (1-20): \_\_\_\_\_

Page Total: \_\_\_\_\_

Member Name: \_\_\_\_\_

**Green Belt**

.....

Date: \_\_\_\_\_ Evaluator: \_\_\_\_\_

7. Line 7 (1-10): \_\_\_\_\_

7. Protection Techniques (1-10) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

7. Escrima Form (1-20): \_\_\_\_\_

7. 2-man Club to Knife Set (1-10): \_\_\_\_\_

7. Kiatsu (1-5): \_\_\_\_\_

.....

Date: \_\_\_\_\_ Evaluator: \_\_\_\_\_

8. Guardian Series F-P (1-40): \_\_\_\_\_

8. Strike Sparring (1-20): \_\_\_\_\_

8. Two Man Strike Sparring (1-20): \_\_\_\_\_

8. Grapple Sparring (1-20): \_\_\_\_\_

Page Total: \_\_\_\_\_

Member Name: \_\_\_\_\_

**Green Belt**

.....

Date: \_\_\_\_\_ Evaluator: \_\_\_\_\_

T. Line 8 (1-10): \_\_\_\_\_

T. Club Techniques (1-10) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

T. Reaction Techniques (1-10) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

T. Defender 1-60 (1-20): \_\_\_\_\_

T. 2-man Bo to Bo Set (1-10): \_\_\_\_\_

Page Total: \_\_\_\_\_

Member Name: \_\_\_\_\_

**Green Belt**

.....

*BONUS ITEMS*

CPR/First Aid Card (1 know, 2 both cards expired,  
3 one card expired with one valid card, 4 valid cards, 5 teach ): \_\_\_\_\_

Extra Participation - Seminars, Tournaments, Helps, etc. (1-5): \_\_\_\_\_

NBBC (3 - first time through, 5 - two or more times through): \_\_\_\_\_

NBBC Summaries (1 - some, 2 - behind but keeping pace, 5 - current): \_\_\_\_\_

Summary Exploration Essay (1-5): \_\_\_\_\_

This is an essay exploring in detail some subject of a lecture or discussion of interest to the student.  
For good writing, a student can expect about one point per 500 words (one page typed).

Bonus Subject Exploration Essay (1-5): \_\_\_\_\_

This is an essay exploring some subject relevant either to martial arts or faith that is of interest to the student.  
For good writing and logical thinking, a student can expect about one point per 500 words (one page typed).  
This essay may argue against the subject of a discussion or against a statement made in class, or it may explore a subject only touched on collateral to a main topic. It may also involve any other martial arts subject or a subject discussed in church. Note that if references are used, those references should be cited. Notes should be included if discussing a sermon, including who gave the message and at which church.

Leadership (2 - Junior Leader, 3 - Assistant Instructor, 5 - Uncertified Instr.): \_\_\_\_\_

Massage (1-3, 4 licensed, 5 teacher): \_\_\_\_\_

Page Total: \_\_\_\_\_

Possible: 1060      Passing: 689      TOTAL: \_\_\_\_\_

COMMENTS: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_