BELT PROMOTION REQUIREMENTS WORKSHEET

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Write each belt's promotion requirement the way you'd say it to a student, then turn it into the numbers your software actually counts.

School: _____

Program: _____

Date: ____/____/_____

HOW TO USE IT

1. **Write the requirement the way you'd say it to a student.** One row per belt, and one per stripe if you give them. The count starts over at each one.
2. **Fill the measurable columns.** Leave a column blank if it isn't part of that belt. A student is ready when every column you filled is met.
3. **Check it against what your software counts:** classes since the last stripe or belt, and which program each class is filed under.

Promotion Requirements, Belt by Belt

RANK OR STRIPE	THE REQUIREMENT IN PLAIN WORDS	CLASSES AT THIS RANK	MINIMUM TIME AT RANK	DAYS TRAINED	HOURS	SKILLS REQUIRED	MINIMUM AGE
Example	*"Forty classes at this belt, at least four months, and you can show these five techniques."*	40	4 months			5 techniques, each one named	

Promotion Requirements, Continued

RANK OR STRIPE	THE REQUIREMENT IN PLAIN WORDS	CLASSES AT THIS RANK	MINIMUM TIME AT RANK	DAYS TRAINED	HOURS	SKILLS REQUIRED	MINIMUM AGE

One row per belt or stripe. The example row is the sentence from the guide, not a recommended standard.

Before Test Week

- [ ] **Count classes since the last stripe.** A student with 42 classes since he joined might have 11 since his last stripe.
- [ ] **Check every class is filed under the right program.** If open mat or no-gi lives under its own program, those rounds may never reach the belt count.
- [ ] **Check time in rank, not just the class count.** A student can hit 40 classes and still be four weeks short.
- [ ] **Make the sentence on the wall match the setting in the software.** If they say different things, the software wins every argument. The student loses.
- [ ] **Run the promotion report to see who's ready,** well before test week.
- [ ] **Tell parents when a kid is eligible to test.** Families plan around belt tests.

Set it once, and let check-ins do the counting

Gymdesk tracks sessions, hours, days in rank, days trained, skills and minimum age for every rank and stripe, and flags who's ready for promotion.

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