





**PURPLE DRAGON CAYMAN ISLANDS BRANCH**

**YELLOW BELT CARD**

Name \_\_\_\_\_ Adult  Child

Birth Date \_\_\_\_\_ Date Joined \_\_\_\_\_

Don Jitsu Ryu

ORANGE BELT REQUIREMENTS

KATA: Don Jitsu Forms 1 & 2

BASICS: Block Routine 1 & 2

KICKS: Kick Routine 1

FREE SPARRING: Single Opponent

BREAKFALL: Breakfall Routine 1 & 2

SELF DEFENCE: Don Jitsu Techniques 1 - 9

FITNESS: Allround Fitness Level

Minimum Lessons Required \_\_\_\_\_


STUDENT GOALS: \_\_\_\_\_  
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Don Jitsu Ryu

ORANGE BELT REQUIREMENTS

KATA: Don Jitsu Forms 1 & 2

BASICS: Block Routine 1 & 2

KICKS: Kick Routine 1

FREE SPARRING: Single Opponent

BREAKFALL: Breakfall Routine 1 & 2

SELF DEFENCE: Don Jitsu Techniques 1 - 9

FITNESS: Allround Fitness Level

Minimum Lessons Required \_\_\_\_\_


STUDENT GOALS: \_\_\_\_\_  
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**PURPLE DRAGON CAYMAN ISLANDS BRANCH**

**ORANGE BELT CARD**

Name \_\_\_\_\_ Adult   
Child

Birth Date \_\_\_\_\_ Date Joined \_\_\_\_\_

Don Jitsu Ryu

**GREEN BELT REQUIREMENTS**

KATA: Don Jitsu Forms 1 - 3

BASICS: Block Routine 1 & 2

KICKS: Kick Routine 1

FREE SPARRING: Single Opponent

BREAKFALL: Breakfall Routine 1 & 2

SELF DEFENCE: Don Jitsu Techniques 1 - 11

FITNESS: Allround Fitness Level

Minimum Lessons Required \_\_\_\_\_


STUDENT GOALS: \_\_\_\_\_

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**PURPLE DRAGON CAYMAN ISLANDS BRANCH**

**ORANGE BELT CARD**

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Child

Birth Date \_\_\_\_\_ Date Joined \_\_\_\_\_

Don Jitsu Ryu

**GREEN BELT REQUIREMENTS**

KATA: Don Jitsu Forms 1 - 3

BASICS: Block Routine 1 & 2

KICKS: Kick Routine 1

FREE SPARRING: Single Opponent

BREAKFALL: Breakfall Routine 1 & 2

SELF DEFENCE: Don Jitsu Techniques 1 - 11

FITNESS: Allround Fitness Level

Minimum Lessons Required \_\_\_\_\_


STUDENT GOALS: \_\_\_\_\_

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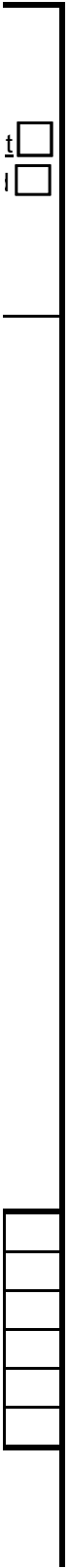
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**PURPLE DRAGON CAYMAN ISLANDS BRANCH**

**GREEN BELT CARD**

Name \_\_\_\_\_ Adult   
 \_\_\_\_\_ Child

Birth Date \_\_\_\_\_ Date Joined \_\_\_\_\_

Don Jitsu Ryu

**BLUE BELT REQUIREMENTS**

- KATA: Don Jitsu Forms 1 - 4
- BASICS: Block Routine 1 & 2
- KICKS: Kick Routine 1 & 2, All Basic Kicks
- FREE SPARRING: Single Opponent
- BREAKFALL: Breakfall Routine 1 & 2
- SELF DEFENCE: Don Jitsu Techniques 1 - 11
- FITNESS: Advance Fitness Level
- Weaponry: Single Weapon

Minimum Lessons Required \_\_\_\_\_


STUDENT GOALS: \_\_\_\_\_

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**PURPLE DRAGON CAYMAN ISLANDS BRANCH**

**GREEN BELT CARD**

Name \_\_\_\_\_ Adult   
 \_\_\_\_\_ Child

Birth Date \_\_\_\_\_ Date Joined \_\_\_\_\_

Don Jitsu Ryu

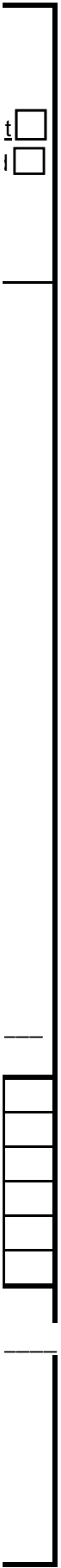
**BLUE BELT REQUIREMENTS**

- KATA: Don Jitsu Forms 1 - 4
- BASICS: Block Routine 1 & 2
- KICKS: Kick Routine 1 & 2, All Basic Kicks
- FREE SPARRING: Single Opponent
- BREAKFALL: Breakfall Routine 1 & 2
- SELF DEFENCE: Don Jitsu Techniques 1 - 11
- FITNESS: Advance Fitness Level
- Weaponry: Single Weapon

Minimum Lessons Required \_\_\_\_\_


STUDENT GOALS: \_\_\_\_\_

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**PURPLE DRAGON CAYMAN ISLANDS BRANCH**

**BLUE BELT CARD**

Name \_\_\_\_\_ Adult  Child

Birth Date \_\_\_\_\_ Date Joined \_\_\_\_\_

**Don Jitsu Ryu**

**PURPLE BELT REQUIREMENTS**

KATA: Don Jitsu Forms 1 - 4  
BASICS: Block Routine 1 & 2  
KICKS: Kick Routine 1 & 2, All Basic Kicks  
FREE SPARRING: Two Opponents, Fighting Styles  
BREAKFALL: Breakfall Routine 1 & 2  
SELF DEFENCE: Don Jitsu Techniques 1 - 11  
FITNESS: Advance Fitness Level  
Weaponry: Single Weapon  
Minimum Lessons Required \_\_\_\_\_


STUDENT GOALS: \_\_\_\_\_  
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**PURPLE DRAGON CAYMAN ISLANDS BRANCH**

**BLUE BELT CARD**

Name \_\_\_\_\_ Adult  Child

Birth Date \_\_\_\_\_ Date Joined \_\_\_\_\_

**Don Jitsu Ryu**

**PURPLE BELT REQUIREMENTS**

KATA: Don Jitsu Forms 1 - 4  
BASICS: Block Routine 1 & 2  
KICKS: Kick Routine 1 & 2, All Basic Kicks  
FREE SPARRING: Two Opponents, Fighting Styles  
BREAKFALL: Breakfall Routine 1 & 2  
SELF DEFENCE: Don Jitsu Techniques 1 - 11  
FITNESS: Advance Fitness Level  
Weaponry: Single Weapon  
Minimum Lessons Required \_\_\_\_\_


STUDENT GOALS: \_\_\_\_\_  
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**PURPLE DRAGON CAYMAN ISLANDS BRANCH**

**PURPLE BELT CARD**

Name \_\_\_\_\_ Adult  Child

Birth Date \_\_\_\_\_ Date Joined \_\_\_\_\_

Don Jitsu Ryu

**RED BELT REQUIREMENTS**

KATA: Don Jitsu Forms 1 - 5, Hanshu

BASICS: Block Routine 1 & 2

KICKS: Kick Routine 1 & 2, All Basic Kicks  
Advance Kicking Drills, Bag Kicking

FREE SPARRING: Two Opponents, Fighting Styles

BREAKFALL: Breakfall Routine 1 - 3

SELF DEFENCE: Don Jitsu Techniques 1 - 11

FITNESS: University Fitness Level

Weaponry: Single Weapon

Minimum Lessons Required \_\_\_\_\_


STUDENT GOALS: \_\_\_\_\_

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**PURPLE DRAGON CAYMAN ISLANDS BRANCH**

**PURPLE BELT CARD**

Name \_\_\_\_\_ Adult  Child

Birth Date \_\_\_\_\_ Date Joined \_\_\_\_\_

Don Jitsu Ryu

**RED BELT REQUIREMENTS**

KATA: Don Jitsu Forms 1 - 5, Hanshu

BASICS: Block Routine 1 & 2

KICKS: Kick Routine 1 & 2, All Basic Kicks  
Advance Kicking Drills, Bag Kicking

FREE SPARRING: Two Opponents, Fighting Style:

BREAKFALL: Breakfall Routine 1 & 2

SELF DEFENCE: Don Jitsu Techniques 1 - 11

FITNESS: University Fitness Level

Weaponry: Single Weapon

Minimum Lessons Required \_\_\_\_\_


STUDENT GOALS: \_\_\_\_\_

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**PURPLE DRAGON CAYMAN ISLANDS BRANCH**

**RED BELT CARD**

Name \_\_\_\_\_ Adult  Child

Birth Date \_\_\_\_\_ Date Joined \_\_\_\_\_

Don Jitsu Ryu

**BROWN BELT REQUIREMENTS**

KATA: Don Jitsu Forms 1 - 5, Hanshu

BASICS: Block Routine 1 & 2

KICKS: Kick Routine 1 & 2, All Basic Kicks  
Advance Kicking Drills, Bag Kicking

FREE SPARRING: Two Opponents, Fighting Styles

BREAKFALL: Breakfall Routine 1 - 3

SELF DEFENCE: Don Jitsu Techniques 1 - 11  
Angry Dragon

FITNESS: University Fitness Level

Weaponry: Single Weapon

Minimum Lessons Required \_\_\_\_\_


STUDENT GOALS: \_\_\_\_\_

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**PURPLE DRAGON CAYMAN ISLANDS BRANCH**

**RED BELT CARD**

Name \_\_\_\_\_ Adult  Child

Birth Date \_\_\_\_\_ Date Joined \_\_\_\_\_

Don Jitsu Ryu

**BROWN BELT REQUIREMENTS**

KATA: Don Jitsu Forms 1 - 5, Hanshu

BASICS: Block Routine 1 & 2

KICKS: Kick Routine 1 & 2, All Basic Kicks  
Advance Kicking Drills, Bag Kicking

FREE SPARRING: Two Opponents, Fighting Style

BREAKFALL: Breakfall Routine 1 - 3

SELF DEFENCE: Don Jitsu Techniques 1 - 11  
Angry Dragon

FITNESS: University Fitness Level

Weaponry: Single Weapon

Minimum Lessons Required \_\_\_\_\_


STUDENT GOALS: \_\_\_\_\_

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**PURPLE DRAGON CAYMAN ISLANDS BRANCH**  
**BROWN BELT CARD**

Name \_\_\_\_\_ Adult  Child

Birth Date \_\_\_\_\_ Date Joined \_\_\_\_\_

Don Jitsu Ryu

**BLACK BELT REQUIREMENTS**

KATA: Don Jitsu Forms 1 - 6, Hanshu, Empi

BASICS: Block Routine 1 & 2

KICKS: Kick Routine 1 & 2, All Basic Kicks  
Advance Kicking Drills, Bag Kicking

FREE SPARRING: 1 - 3 Opponents, Fighting Styles

BREAKFALL: Breakfall Routine 1 - 3

SELF DEFENCE: Don Jitsu Techniques 1 - 11  
Angry Dragon

FITNESS: University Fitness Level

Weaponry: 2 Weapons

Minimum Lessons Required \_\_\_\_\_


STUDENT GOALS: \_\_\_\_\_

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**PURPLE DRAGON CAYMAN ISLANDS BRANCH**  
**BROWN BELT CARD**

Name \_\_\_\_\_ Adult  Child

Birth Date \_\_\_\_\_ Date Joined \_\_\_\_\_

Don Jitsu Ryu

**BLACK BELT REQUIREMENTS**

KATA: Don Jitsu Forms 1 - 6, Hanshu, Empi

BASICS: Block Routine 1 & 2

KICKS: Kick Routine 1 & 2, All Basic Kicks  
Advance Kicking Drills, Bag Kicking

FREE SPARRING: 1 - 3 Opponents, Fighting Styles

BREAKFALL: Breakfall Routine 1 - 3

SELF DEFENCE: Don Jitsu Techniques 1 - 11  
Angry Dragon

FITNESS: University Fitness Level

Weaponry: 2 Weapons

Minimum Lessons Required \_\_\_\_\_


STUDENT GOALS: \_\_\_\_\_

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**PURPLE DRAGON CAYMAN ISLANDS BRANCH**

**BLACK BELT CARD**

Adult

Child

Name \_\_\_\_\_

Birth Date \_\_\_\_\_ Date Joined \_\_\_\_\_

Don Jitsu Ryu

DAN REQUIREMENTS

KATA: Don Jitsu Forms 1 - 7, Hanshu, Empi

BASICS: Block Routine 1 & 2  
Advance Blocks

KICKS: Kick Routine 1 & 2, All Basic Kicks  
Advance Kicking Drills, Bag Kicking

FREE SPARRING: 1-3 Opponents, 20 Fighting Styles

BREAKFALL: Breakfall Routine 1 - 3

SELF DEFENCE: Don Jitsu Techniques 1 - 11  
Angry Dragon

FITNESS: University Fitness Level

Weaponry: 2 or more Weapons

Minimum Lessons Required \_\_\_\_\_


STUDENT GOALS: \_\_\_\_\_  
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**PURPLE DRAGON CAYMAN ISLANDS BRANCH**

**BLACK BELT CARD**

Adult

Child

Name \_\_\_\_\_

Birth Date \_\_\_\_\_ Date Joined \_\_\_\_\_

Don Jitsu Ryu

DAN REQUIREMENTS

KATA: Don Jitsu Forms 1 - 7, Hanshu, Empi

BASICS: Block Routine 1 & 2  
Advance Blocks

KICKS: Kick Routine 1 & 2, All Basic Kicks  
Advance Kicking Drills, Bag Kicking

FREE SPARRING: 1-3 Opponents, 20 Fighting Styles

BREAKFALL: Breakfall Routine 1 - 3

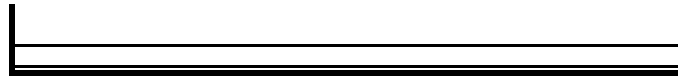
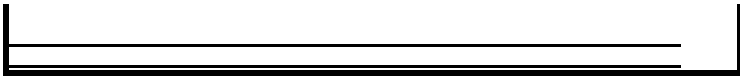
SELF DEFENCE: Don Jitsu Techniques 1 - 11  
Angry Dragon

FITNESS: University Fitness Level

Weaponry: 2 or more Weapons

Minimum Lessons Required \_\_\_\_\_


STUDENT GOALS: \_\_\_\_\_  
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PURPLE DRAGON CAYMAN ISLANDS												PURPLE DRAGON CAYMAN ISLANDS											
WHITE BELT STUDENT CARD																							
Name _____ Adult <input type="checkbox"/>												Name _____ Adult <input type="checkbox"/>											
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Birth Date _____						Date Joined _____						Birth Date _____						Date Joined _____					
Don JitsuRyu												Don JitsuRyu											
<b>Yellow Belt Requirements</b>												<b>Yellow Belt Requirements</b>											
Kata: _____						Don Jitsu Forms 1						Kata: _____						Don Jitsu Forms 1					
Basics: _____						Block Routine 1 & 2						Basics: _____						Block Routine 1 & 2					
Kicks: _____						Kick Routine 1						Kicks: _____						Kick Routine 1					
Free Sparring: _____						Single Opponent						Free Sparring: _____						Single Opponent					
Breakfall: _____						Breakfall Routine 1						Breakfall: _____						Breakfall Routine 1					
Self Defence: _____						Six Don Jitsu Techniques						Self Defence: _____						Six Don Jitsu Techniques					
Fitness: _____						Allround Fitness Testing						Fitness: _____						Allround Fitness Testing					
Minimum Lessons Required _____												Minimum Lessons Required _____											
STUDENT GOALS: _____												STUDENT GOALS: _____											

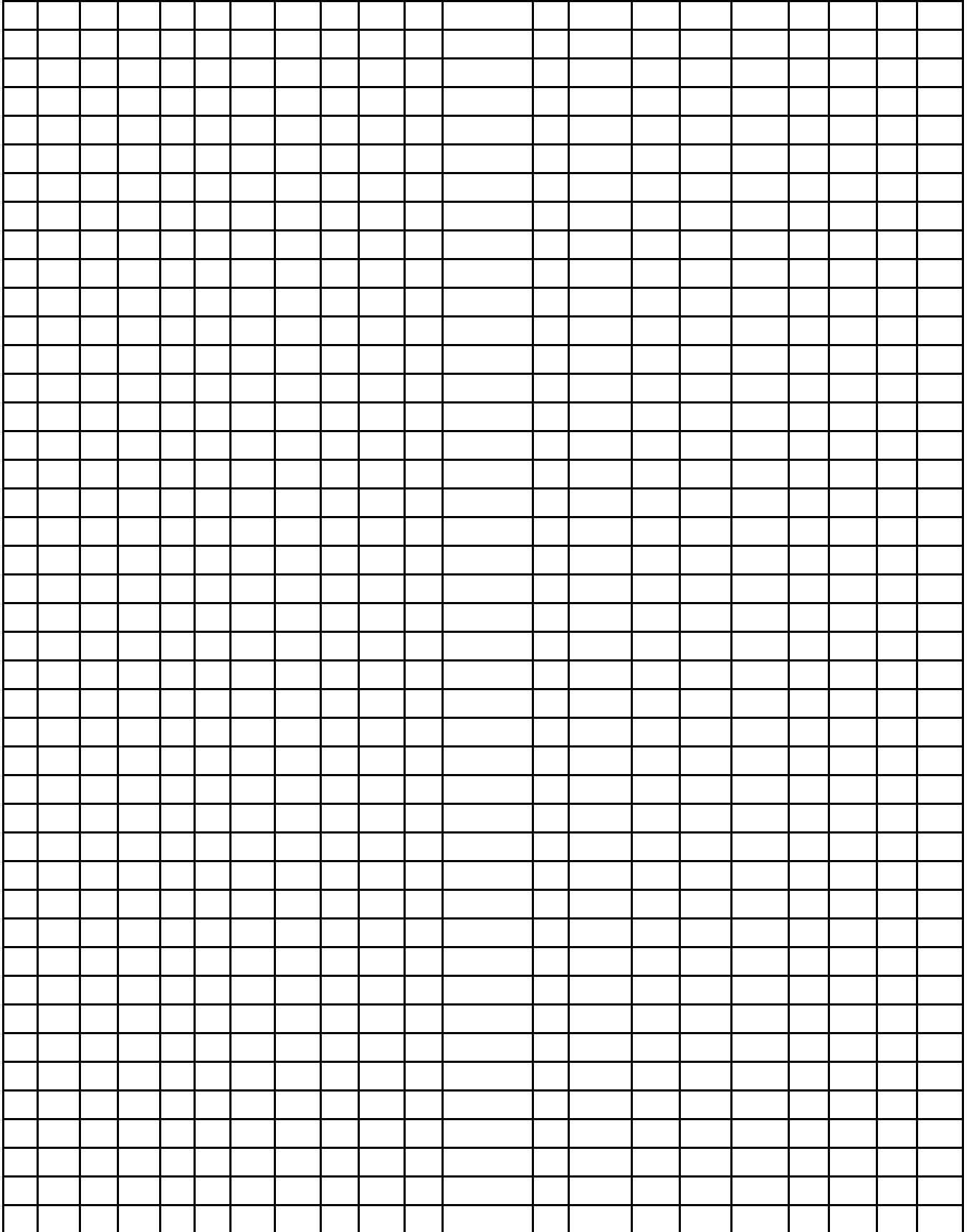




Sheet6

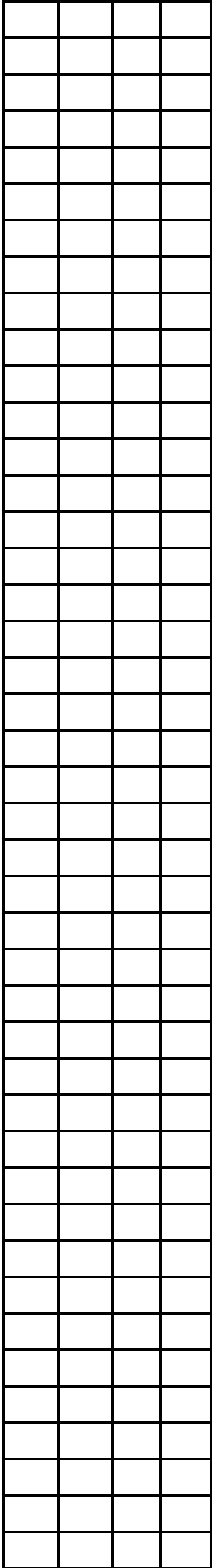

















Sheet8