

## ATF Trainee Checklist



Name \_\_\_\_\_

Date Began Trainee Program \_\_\_\_/\_\_\_\_/\_\_\_\_

Sponsoring Instructor \_\_\_\_\_ \*\*

**\*\* Sponsoring Instructor will need to his/her initials in the boxes to verify that the trainee has completed that requirement.**

### **I. Dates of Rank.**

1D \_\_\_\_/\_\_\_\_/\_\_\_\_      1<sup>st</sup> Senior \_\_\_\_/\_\_\_\_/\_\_\_\_      2R \_\_\_\_/\_\_\_\_/\_\_\_\_

2D \_\_\_\_/\_\_\_\_/\_\_\_\_      2<sup>nd</sup> Senior \_\_\_\_/\_\_\_\_/\_\_\_\_      3D \_\_\_\_/\_\_\_\_/\_\_\_\_

3<sup>rd</sup> Senior \_\_\_\_/\_\_\_\_/\_\_\_\_      3<sup>rd</sup> High Senior \_\_\_\_/\_\_\_\_/\_\_\_\_

### **II. List Testing's Attended (include Date and place):**

**Inst. Init.**

Attended \_\_\_\_/\_\_\_\_/\_\_\_\_, \_\_\_\_\_ / \_\_\_\_

Attended \_\_\_\_/\_\_\_\_/\_\_\_\_, \_\_\_\_\_ / \_\_\_\_

Attended \_\_\_\_/\_\_\_\_/\_\_\_\_, \_\_\_\_\_ / \_\_\_\_

Attended \_\_\_\_/\_\_\_\_/\_\_\_\_, \_\_\_\_\_ / \_\_\_\_

Guest \_\_\_\_/\_\_\_\_/\_\_\_\_, \_\_\_\_\_ / \_\_\_\_

Preparation \_\_\_\_/\_\_\_\_/\_\_\_\_, \_\_\_\_\_ / \_\_\_\_

Preparation \_\_\_\_/\_\_\_\_/\_\_\_\_, \_\_\_\_\_ / \_\_\_\_

### **III. Tournaments (include date and place):**

Participated \_\_\_\_/\_\_\_\_/\_\_\_\_, \_\_\_\_\_ / \_\_\_\_

Participated \_\_\_\_/\_\_\_\_/\_\_\_\_, \_\_\_\_\_ / \_\_\_\_

Judged \_\_\_\_/\_\_\_\_/\_\_\_\_, \_\_\_\_\_ / \_\_\_\_

Judged \_\_\_\_/\_\_\_\_/\_\_\_\_, \_\_\_\_\_ / \_\_\_\_

Judged \_\_\_\_/\_\_\_\_/\_\_\_\_, \_\_\_\_\_ / \_\_\_\_

Participated \_\_\_\_/\_\_\_\_/\_\_\_\_, \_\_\_\_\_ / \_\_\_\_

Participated \_\_\_\_/\_\_\_\_/\_\_\_\_, \_\_\_\_\_ / \_\_\_\_

Judged \_\_\_\_/\_\_\_\_/\_\_\_\_, \_\_\_\_\_ / \_\_\_\_

Judged \_\_\_\_/\_\_\_\_/\_\_\_\_, \_\_\_\_\_ / \_\_\_\_

Judged \_\_\_\_/\_\_\_\_/\_\_\_\_, \_\_\_\_\_ / \_\_\_\_

Tournament Setup/Cleanup \_\_\_\_/\_\_\_\_/\_\_\_\_, \_\_\_\_\_ / \_\_\_\_\_

Referee Certification # \_\_\_\_\_ Date issued \_\_\_\_/\_\_\_\_/\_\_\_\_

**IV. Demonstrations (include date and place):**

Demo 1. \_\_\_\_/\_\_\_\_/\_\_\_\_, \_\_\_\_\_ / \_\_\_\_\_

Demo 2. \_\_\_\_/\_\_\_\_/\_\_\_\_, \_\_\_\_\_ / \_\_\_\_\_

Demo 3. \_\_\_\_/\_\_\_\_/\_\_\_\_, \_\_\_\_\_ / \_\_\_\_\_

Demo 4. \_\_\_\_/\_\_\_\_/\_\_\_\_, \_\_\_\_\_ / \_\_\_\_\_

**V. ATF summer Camps Attended as a Trainee (include date and place):**

Camp 1. \_\_\_\_/\_\_\_\_/\_\_\_\_, \_\_\_\_\_ / \_\_\_\_\_

Camp 2. \_\_\_\_/\_\_\_\_/\_\_\_\_, \_\_\_\_\_ / \_\_\_\_\_

**This portion is to be completed by your instructor**

**I. Attendance:**

1. Trainee has regular class attendance. Yes / No

2. Trainee has regular class assistance. Yes / No

3. Trainee has participated in school activities Yes / No

**II. For Juniors only:**

Trainee has maintained a "C" average in his/her schoolwork Yes / No

Comments: \_\_\_\_\_

**III. Trainee has attended trainee meetings and clinics: Yes / No**

Comments: \_\_\_\_\_

**IV. Trainee has demonstrated accurately all forms, one steps, and self defense for each rank up to his/her current rank: Yes / No**

Comments: \_\_\_\_\_

**Instructor's Signature** \_\_\_\_\_ **Date** \_\_\_\_/\_\_\_\_/\_\_\_\_