

# PURPLE CHEVRON REQUIREMENTS

Student Full Name : \_\_\_\_\_ Rank: \_\_\_\_\_ Class Level: \_\_\_\_\_

**Please complete & attach each of the following before handing in this checklist. If you need help, please ask a higher ranking GOLD Team student or instructor.**

- Completed all regular testing requirements for this cycle (Got an “A” mark in Engagement) *please attach a copy of latest kung fu report card.*
- Complete 1 Compliment Worksheet
- Read “What To Say When You Talk To Yourself” by Shad Helmstetter & complete 6 Chapter Report Sheets
- Complete the following

Assist Kung Fu B-Day Party OR Honour Roll Party	Learn, Memorize, & Demonstrate how to hold the pads for the 3 Pad Forms from Level 1.	Assist at a Buddy Event (that’s NOT a Kung Fu Birthday Party or Honour Roll Party)
<b>Date:</b> <i>Instructor Sign</i>	<b>Pad Form 1:</b> <i>Instructor Sign</i> <b>Pad Form 2:</b> <i>Instructor Sign</i> <b>Pad Form 3:</b> <i>Instructor Sign</i>	<b>Date:</b> <i>Instructor Sign</i>

- Write 5 examples of Correct Procedure *and* 5 examples of Common Mistakes for each of the following:

Assisting in an in-class game	Holding Pads	Assisting at a buddy event or kung fu pizza party event	Greeting students and their families at the door
Team formation as a Gold Team Shadow	Playing a Game	Line Formation as a pad holder	Back Up formation as a GOLD Team Shadow

- In writing, describe each of the following stances to the best of your ability.

Cat Stance	Crane Stance	Seven Star Stance	Crouching Stance	3-Point Stance	Stealing Stance
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- Write at least 1 paragraph on each of the following:

Why is it important to use a student’s name?						
Black Sashes Eat To Win	Black Sashes Embrace Change	Black Sashes Take The Stairs	“Never Let Them See You Bleed”	Empty Your Cup	Why is it important to know how the subconscious mind works?	What does the phrase “Train today so you can train tomorrow” mean to you?

- Complete and record 20 hours of volunteer hours on your Gold Team Hours Trackee Date Completed and Handed In:

Student Received Patch: *Instructor Sign*