

GOLD TEAM PATCH REQUIREMENTS

Student Full Name : _____ Rank: _____ Class Level: _____

BEFORE assisting at the front of class, you must earn your GOLD patch by completing each of these items and hand them in together. 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
- Learn and demonstrate each of the following to an instructor:

How to Tie a belt on yourself x 5	How to Tie a belt on someone else x 5	Proper Bow-In Sequence	How to sign-up to assist in a class
<i>Instructor Sign</i>	<i>Instructor Sign</i>	<i>Instructor Sign</i>	<i>Instructor Sign</i>

- Learn and memorize each of the following and recite to an instructor:

The 4 Laws of Concentration <i>Instructor Sign</i>	Sifu’s 3 Rules <i>Instructor Sign</i>	The 7 Magic Phrases of Respect <i>Instructor Sign</i>	The Student Creed <i>Instructor Sign</i>	The Triangle of Awesomeness <i>Instructor Sign</i>
The Furious 5 Things students must do before each class <i>Instructor Sign</i>	The Significant 7 things instructors must do before class <i>Instructor Sign</i>	The 6 Black Sash Values <i>Instructor Sign</i>	The 4 Phases of Leadership <i>Instructor Sign</i>	5 Pieces of a FULL Uniform <i>Instructor Sign</i>

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

Working with a partner	Instructor Shadowing	Interaction with Students	Interaction w/ Instructors
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- Memorize and Recite the following coloured stripes and their meaning/purpose/value:

White Stripe	Black Stripe	Yellow Stripe	Orange Stripe
Green Stripe	Blue Stripe	Red Stripe	Custom Stripe

- Write at least 1 paragraph on each of the following:

Why Etiquette is Important in a Martial Arts School?	Why Is Leadership Important in a Martial Arts School?	Why is Building Rapport Important in a Martial Arts School?	Why is Setting a Goal to Black Sash Important in a Martial Arts School?
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Date Completed and Handed In:

Student Received Patch: *Instructor Sign*