

RED 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 “The War of Art” by Steven Pressfield & complete 6 Chapter Report Sheets
- Read “Be Our Guest” by Theodore B. Kinni & complete 6 Chapter Report Sheets
- Read “Start With Why” by Simon Sinek & complete 6 Chapter Report Sheets
- Complete the following

Demonstrate all 3 2 nd Chamber weapons forms with proper count and explanation. <i>Instructor Sign</i>	Shadow Program Director for a kung fu pizza party <i>Instructor Sign</i>
Run Review for 2 nd Chamber once on Week 7 <i>Instructor Sign</i>	Shadow Instructor for a kung fu pizza party <i>Instructor Sign</i>
Shadow Ryker & Bones for 2 nd Chamber 3x Each within 1-2 cycles <i>Instructor Sign</i>	Learn and Demonstrate the 1 st Introductory Lesson for Adults <i>Senior Instructor Sign</i>
Shadow Ryker & Bones for Level 2 3x Each within 1- 2 cycles. <i>Instructor Sign</i>	Learn and demonstrate each basic wrist escape technique. Cross Grab: Senior Instructor Sign Straight Grab: Senior Instructor Sign Double Wrist Grab: Senior Instructor Sign
Learn and Demonstrate how to perform an absent call. <i>Senior Instructor Sign</i>	Learn and Demonstrate how to enter an appointment into the calendar. <i>Staff Member Signature</i>
Shadow Rank-Receptionist during 1 testing day and grad set-up on WEEK 8. <i>Instructor Sign</i>	Learn and recite every belt & sash colour and rank up to Black Sash <i>Instructor Sign</i>

- Identify 10 examples of NKFA jargon. Write the word or phrase and then what it means.
- Identify 5 examples of jargon from another area of your life. Write the word or phrase and then what it means.
- Learn and write down the 6 Keys to a Successful Class.
- Learn and write down the 3 Things a Student Must Feel To Be Successful
- Learn and write down the Class Time Structure for 1st/2nd Chamber

- While taking notes in your notebook, silently observe the Family Basic Class twice this cycle. Then silently observe the Family Level 1 Class twice this cycle. Then make a Venn diagram on the two classes and hand it in with your Red Chevron Requirements
- Learn and write down the 9 Praying Mantis Generation Masters and what they were best known for.

- Learn and define the following words as they relate to Niagara Kung Fu Academy:

Intro	Enrollment	Retention	Renewal
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- In writing, describe each of the following techniques to the best of your ability.

Line 4b	Line 5	Line 6	Line 7	Line 8
Line 9	Line 10	Line 11	Line 12	Line 13
Line 14	Line 15	Line 16	Line 17	

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

Why is it important for an instructor to know when to use jargon?	Which class level needs the highest instructing skill level to teach and why?	Why is it important to have separate programs for students who are committed to Black Belt and Beyond?	What is momentum and why is it important to training to Black Sash?
How can you personally improve morale as gold team member?	What is luck and how does it play a part in success or failure?	Define the Law of Attraction in your own words.	To teach is to learn.
Why is it important to maintain a professional appearance in the community?	Why is it especially important for newer students to have fun in class?	Kung Fu La La Land	Leadership is a transfer of enthusiasm.
What is abundance mentality?	What is scarcity mentality?	"if you can't explain something to a 7-year old, you don't understand it well enough."	Why it important to understand enrollment, retention, and renewal in a martial arts school?

- Complete and record 20 hours of volunteer hours on your Gold Team Hours Tracker
- Date Completed and Handed In: _____ Student Received Patch: _____

Instructor Sign