

WHITE 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 “Way of the Warrior Kid” by Jocko Willink and complete 6 Chapter Report Sheets
- Read “Way of the Warrior Kid 2: Marc’s Mission” by Jocko Willink (optional)
- Learn and demonstrate each of the following to an instructor:

Proper Warm-Up Sequence	Mirrored Bow-In Sequence	How to award stripes to students
<i>Instructor Sign</i>	<i>Instructor Sign</i>	<i>Instructor Sign</i>

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

Team Formation	Back-Up Formation	Line Formation	Star Box Procedure
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- Define **RAPPORT**:

- Define **A+ ATTITUDE**:

- Learn and write the 3 Factors involved in Bullying:

1.	2.	3.
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- Make a Venn diagram comparing CONFLICT and BULLYING.

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

Why is maintaining a White Belt Mentality Important?	Why are proper timing and self-control important in Martial Arts?	How can training to Black Belt prevent bullying?	Why is it important to know the difference between conflict and bullying?
Why is confidence important?	Why is focus important?	Why is discipline important?	Why is self-discipline important?

Date Completed and Handed In:

Student Received Patch: *Instructor Sign*