

BLACK 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 “Good To Great” by Jim Collins & complete 6 Chapter Report Sheets
- Read “Think and Grow Rich” by Napoleon Hill & complete yearly analysis
- Read “The Boy Crisis” by Dr. Warren Farrell and & complete 6 Chapter Report Sheets
- Complete the following

Shadow Bones for Level 1.	Shadow Ryker for Level 1.	Shadow Instructor for Level 1.	Teach the weapons portion of class twice in 2nd chamber/level 3 this cycle.	
<i>Instructor Sign</i>	<i>Instructor Sign</i>	<i>Instructor Sign</i>	<i>Instructor Sign</i>	
Shadow Bones for 1 st Chamber	Shadow Ryker for 1 st Chamber	Shadow Instructor 1 st Chamber	Demonstrate to Sifu how to add a degree to a sash.	
<i>Instructor Sign</i>	<i>Instructor Sign</i>	<i>Instructor Sign</i>	<i>Sifu Sign</i>	
Run Review for 2 nd Chamber once on Week 7		Bones for a kung fu pizza party.	Ryker for a kung fu pizza party.	
<i>Instructor Sign</i>		<i>Instructor Sign</i>	<i>Instructor Sign</i>	
(2nds) Run 2 nd Chamber twice this cycle. (4s) Run Level 3 twice this cycle.		Prepare a fun teamwork drill for Level 3 Class that will take 10 minutes of time. Get it approved and run it in class this cycle.		
<i>Instructor Sign</i>		<i>Senior Instructor Sign</i>		
Assist at Testing and Grad under the rank receptionist’s guidance.		Learn and proper stretches to do for these basic exercises.		
<i>Rank Receptionist Signature</i>		<i>Squats: Senior Instructor Sign</i> <i>Pushups: Senior Instructor Sign</i> <i>Situps: Senior Instructor Sign</i>		
Learn and demonstrate how to persuade someone to book an introductory lesson		Shadow for an external marketing event.		
<i>Staff Member Signature</i>		<i>Staff Member Signature</i>		
Learn and demonstrate the following:		Learn and demonstrate the following hold counter defenses.		
<i>White Level Awareness: Instructor Sign</i> <i>Yellow Lvl Awareness: Instructor Sign</i> <i>Orange Lvl Awareness: Instructor Sign</i> <i>Red Lvl Awareness: Instructor Sign</i> <i>Modulated Breathing: Instructor Sign</i>		<i>Ground Defense OP on stomach: Instructor Sign</i> <i>Front Choke: Instructor Sign</i> <i>Side Choke: Instructor Sign</i> <i>Wall Choke: Instructor Sign</i> <i>Pushing Choke: Instructor Sign</i> <i>Headlock: Instructor Sign</i> <i>Bear Hug: Instructor Sign</i> <i>Guillotine: Instructor Sign</i>		

- While taking notes in your notebook, silently observe the Family Level 1 Class twice this cycle. Then silently observe the Family Level 2 Class twice this cycle. Finally

observe a Family Level 3 Class this cycle. Then make a Venn diagram on the 3 classes and hand it in with your Black Chevron Requirements.

- While taking notes in your notebook, silently observe an 8pm 1st Chamber Class and an 8pm 2nd Chamber class, and make a Venn Diagram on the differences between an Adult Class and a Family Class.
- Mindstorm and mindmap ideas for a buddy event that you could run within the next few months. Plan out each detail including the 5 w's. Hand in your notes with your Black Chevron Requirements.

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

Sales	Marketing	Stats	"Chips"
Diaphragmic Breathing	Qigong	Tai Chi	Chin Na
Prep Cycle	Application	Flexibility	Conditioning
Instructor	Senior Instructor	Chief Instructor	Program Director

- Describe the follow to the best of your ability in writing

Staff Line 1	Staff Line 2	Staff Line 3	Staff Line 4	Staff Line 5	Staff Line 6
Stick Line 1	Stick Line 2	Stick Line 3	Stick Line 4	Stick Line 5	Stick Line 6
Broadsword Line 1	Broadsword Line 2	Broadsword Line 3	Broadsword Line 4	Broadsword Line 5	Broadsword Line 6

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

Why is rough housing important to a child's development?	To serve is to be served.	Why is proper breathing important in kung fu?	"Fake it till you make it."
Financial Literacy	Sales is Leadership	Why is it important to have separate classes for Levels 1, 2, and 3?	Why is it important to have separate classes/events for different age groups?
Why is it important for an instructor to be aware of general biological and psychological differences in male and female development?	"Do Or Do Not; There Is No Try"	Sales is transfer of enthusiasm	Why are buddy events a good marketing tool for a martial arts school?
Why is it important for an instructor to do as much of the class as possible while teaching?	Why does the most skill and technical development happen in the 3 rd -5 th year of a student's training?		

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

Instructor Sign