

ORANGE 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 “No Excuses” by Brian Tracy & complete 6 Chapter Report Sheets
- Write a paragraph describing each of the 6 Black Sash Values
- Complete the following

Teach 3 people how to tie a kung fu belt.	Assist at a Kung Fu Pizza Party Event (B-day or HRP)
Name: _____ Date: _____	Date: <i>Instructor Sign</i>
Name: _____ Date: _____	
Name: _____ Date: _____	

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

Holding pads	Greeting someone at the door	Correcting a student
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- Learn and describe in writing to the best of your ability the focus of each of the different class levels in the school.

Family Basic	Adult Basic	Family Level 1	Family Level 2
Family Level 3	1 st Chamber	2 nd Chamber	3 rd Chamber/ Black Belt

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

Spot 1	Spot 2	Spot 3	Spot 4
Mantis Strike	Hammer Fist Chop	Palm Strike	Knife Hand Strike

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

Why is it important for Black Sashes to read every day?	Why is it important to know the focus of each of the different class levels?	Why is it important for Black Sashes to carry and use a notebook
What is Black Sash Ownership and why is it important to a martial arts school?	Why is it important to avoid drawing attention away from the main instructor during class?	Why is it important to “leave your baggage at the door” as an instructor?
The morning is the rudder of the day.	If you fail to plan, then you plan to fail.	Why is a notebook typically more useful than a phone/tablet for note keeping?

- Complete and record 20 hours of volunteer hours on your Gold Team Hours Tracker

Date Completed and Handed In: _____

Student Received Patch: *Instructor Sign*