

GREEN 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 “7 Habits of Highly Effective Teens” by Sean Covey & complete workbook
- Read “17 Irrefutable Laws of Teamwork” by John C Maxwell & complete workbook
- Read “Westpoint Way of Leadership by Larry R. Donnithorne & complete 6 Chapter Report Sheets
- Complete the following

Shadow the instructor for a Kung Fu Pizza Party Event	Demonstrate the three 1 st Chamber Forms with proper move count and explanation in each move
<i>Instructor Sign</i>	<i>WMSP Instructor Sign PFH Instructor Sign TM Instructor Sign</i>
Learn and Demonstrate how to correctly mark attendance cards.	Learn and demonstrate how to make 3 kinds of tea for the students.
<i>Instructor Sign</i>	<i>Tea: Staff Sign Tea: Staff Sign Tea: Staff Sign</i>
Learn and Demonstrate how to correctly tie a sash on yourself 5 times.	
<i>Instructor Sign</i>	

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

Showing a 1 st year student application	Public Speaking	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 roles of Gold Team Positions

Instructor	Ryker	Bones	Shadow
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- In writing, describe each of the following techniques to the best of your ability.

Line 1	Line 2	Line 3	Line 4
6 Step Toe Kick	6 Step Heel Kick	6 Step Round House	6 Step Side Kick

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

What is success and why is it important?	Why it important to be aware of your own ego and others' ego?	What is the difference between talent and skill, and what role do they each play in training to Black Sash?
What is failure and why is it important?		
80/20 rule.	Why is it important to seek first to understand before seeking to be understood?	Why is it important to be aware of your RBA with others as a Black Sash?
Why is it important to like your students?	Why is it important to believe in your students?	

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

Date Completed and Handed In:

Student Received Patch: *Instructor Sign*