

# BLUE 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 “Raving Fans” by Ken Blanchard & complete 3 Chapter Report Sheets
- Read “21 Irrefutable Laws of Leadership” by John C Maxwell & complete workbook
- Read “Success Is an Inside Job” by Lee Milteer & complete 6 Chapter Report Sheets
- Complete the 3 “Black Sash Leadership” Value Assignments
- Complete the following

|  |   |
|--|---|
| (2nds) Shadow for 1 <sup>st</sup> Chamber 6x this cycle<br>(Lvl 4s) Shadow for Level 3 6x this cycle | Shadow for bones for a Kung Fu Pizza Party this cycle   |
| <i>Instructor Sign</i>   | <i>Instructor Sign</i>  |
| (2nds) Run Review for 1 <sup>st</sup> Chamber on Week 7<br>(Lvl 4s) Run Review for Level 3 on Week 7 | Learn and demonstrate how to properly complete the following 6 cleaning tasks in the school   |
| <i>Instructor Sign</i>   | <b>Sweeping</b><br><b>Vacuuming Mats</b><br><b>Dishes</b><br><b>Tying a garbage Bag</b><br><b>Your Choice:</b><br><b>Your Choice:</b> |
| Script out an entire day of your ideal life 5 years from now and read it every day for 1 month.      |   |
| <i>Student Sign</i>  |   |
| Learn and demonstrate how to properly greet an appointment at the door                               |   |
| <i>Staff Sign</i>  |   |

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

|                         |               |             |           |
|-------------------------|---------------|-------------|-----------|
| Counting aloud in class | Visualization | Pre-framing | Listening |
|-------------------------|---------------|-------------|-----------|

- Learn and describe in writing to the best of your ability the physical applications of the following Mantis Principles

|              |              |                      |                   |              |
|--------------|--------------|----------------------|-------------------|--------------|
| Re-Direction | Strike First | Shake The Foundation | Continuous Attack | Water To Ice |
|--------------|--------------|----------------------|-------------------|--------------|

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

|                      |                   |                  |              |
|----------------------|-------------------|------------------|--------------|
| Hook Kick            | 6 Step Back Kick  | Outside Kick     | Inside Kick  |
| Mantis Hooking Block | High Block        | Palm Block       | Clear        |
| Elbow Strike         | Ridge Hand Strike | Back Hand Strike | Temple Punch |

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

|  |   |   |
|--|---|---|
| Why is it important to maintain a clean facility for the students in which to train? | Why is it important for Black Sashes to take initiative and be proactive? | Why is it important for a Black Sash to know their values?                      |
| Why is the “9-9” rule of self-defence important to understand?                       | Why is it important to be a product of the product as an instructor?      | Why is it important for instructors to appear unified in front of the students? |
| Why must you continuously check your attitude?                                       | Why is it teamwork important?   | What is the #1 reason students quit?  |

- Complete and record 20 hours of volunteer hours on your Gold Team Hours Tracker
- Date Completed and Handed In: \_\_\_\_\_ Student Received Patch: *Instructor Sign*