

# MY KUNG FU SCHEDULE

MEMORIZE YOUR SCHEDULE, NEXT RANK, & THE NKFA STUDENT CREED. THEN, RECITE IT TO AN INSTRUCTOR TO EARN 1 HOMEWORK BELT STRIPE

Name: \_\_\_\_\_

**\*POST THIS SHEET ON THE FRIDGE\***



1. A BLACK SASH takes responsibility for their training and their time usage. Your first task as a new student will be to memorize your KUNG FU SCHEDULE. This will help you plan to be ready and on time for kung fu so you can get the most enjoyment and development out of your training.

DAY	TIME

2. A BLACK SASH always keeps in mind the next step to their goal. As a new student, your first MAJOR goal will be to qualify for BLACK SASH TRAINING. After you have qualified & demonstrated a serious desire to train all the way to BLACK SASH, your instructor will invite you to apply to NKFA's LEADERSHIP TRAINING PROGRAM, where you will be trained at a higher level and develop your skillset as a leader on your way to Black Sash.

You are evaluated for the next rank every 8 weeks. The tests will be gradually more demanding as you progress. FOR THIS ASSIGNMENT, memorize the belt rank you will be testing for at the end of the current 8-Week Cycle.

<b>MY NEXT RANK:</b>	
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3. A BLACK SASH strives to live by the NKFA STUDENT CREED. This means never being abusive in anyway, and always showing a positive attitude towards family, friends, peers, and instructors.

Memorize the STUDENT CREED ->

NKFA STUDENT CREED
I develop myself physically and mentally based on the Black Sash Values of Niagara Kung Fu Academy.
I will only fight to protect my life and the lives of others.
I achieve my fullest potential in developing Strength, Knowledge, Spirit, and Respect.

4. **Progress Check:** Your instructors will meet with you and your family periodically to go over your progress in and out of class. Please talk to an instructor after or before class to choose a timeslot.

Your Next Progress Check is on: \_\_\_\_\_ at \_\_\_\_\_. All parents should be present at the Progress Check.