


They are called the 4 Basic Phases of Leadership. Each phase builds upon the next. There is no such thing as mastering a phase and then abandoning it. Black Sashes must constantly be working on the early phases, and White Belts will often work with small portions of the later phases.

This is you -----> 

And this is other people-----> 

**Phase 1: FOLLOWERSHIP.** Also known as **DISCIPLINE.** To be a good leader, you first have to be a good follower. A good leader follows directions with exactness, trusting the experience and vision of the leader. Do you think if you were disrespectful to your leader, and then you were placed in charge, that anyone would be inspired to follow you?

**EXAMPLE:** Instructor asks you to go to **HALF LOTUS STANCE.** You do it right away.



You are following someone as they lead.

**Phase 2: SELF-LEADERSHIP.** Also known as **SELF-DISCIPLINE.** Self-Leadership is when you do things that you know you have to do, on your own without anyone telling you to. You are still a good follower, but you don't need to be reminded on what you've been told to do because you remind yourself.

**EXAMPLE:** Instructor asks you to go to **HALF LOTUS STANCE.** You do it right away, and then you **STAY** in that stance until asked to change stances.

**EXAMPLE:** You wake up in the morning and make your bed without any reminders,

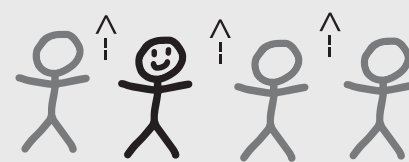


You are doing what you are supposed to do without reminders from anyone else.

**Phase 3: TEAMWORK.** This phase involves working in a group or with a partner. You're in the same position and neither of you is in charge. You lead, not by telling others what to do, but by example and encouragement. You care about the team as a whole and doing your best part in it. The more you work as a team the more you start to think as a team, and less like an individual. The team helps compensate for eachother's weaknesses, and helps to bring out eachother's hidden strengths, the team or partnership takes turns letting others take the lead (4th Phase). You start to beat as one heart, and speak as one voice.

**EXAMPLE (in a group):** Instructor calls Attention. Each student does their part to respond immediately with **YES, SIR!**

**EXAMPLE (with a partner):** You pay special attention to hold the pads properly for your partner while she kicks so she gets the best training possible.



While working alongside the group or partners, you are focused on doing your personal best while also being considerate of the team as a whole.

**Phase 4: LEADERSHIP.** In this phase you are actually entrusted with the duty of telling someone what to do or teaching someone how to do something, face-to-face. It might be a group of people, or it might be just 1 or 2 people. To an effective as a **LEADER,** This phase requires a bird's-eye-view of your followers. To lead most effectively requires knowledge of how to inspire and motivate many kinds of people, as well as to adjust to their different learning styles and levels of knowledge. You begin to learn how to **FEEL** and **SEE** the entire class as a whole, but you still develop rapport with each individual you see, face-to-face. You take responsibility for the performance of your followers. (There still higher levels within this phase, but they are studied after a person is a fully fledged instructor.)

**EXAMPLE:** You are warming up the class.

**EXAMPLE:** You are showing a new student how to tie their belt.

**EXAMPLE:** You are teaching a class.



You are trusted with leading others. You take responsibility for how effectively you can lead them.

**YOUR ASSIGNMENT IS ON THE BACK ----->**

# LEADERSHIP ASSIGNMENT #2

NAME: \_\_\_\_\_

Complete the assignment to earn 1 homework stripe on your belt.

These 4 Basic Phases of Leadership can help you achieve ANY goal you set your mind to. There are 3 types of goals. Things you want to DO, Things you want to HAVE, and things you want to BE. We all share one common goal: THE BLACK SASH. What kind of goal do you think THE BLACK SASH is? DO, HAVE or BE? For this assignment you are to do a MINDSTORM of goals for your future. A MINDSTORM means you write down ANY idea you think of, even if you are not sure you really want it. We'll sort it out in the next assignment, but for now, write down anything that you think you might like to DO, HAVE, or BE?

Example:

## DO GOALS

-travel to Japan  
-backflip

## HAVE GOALS

-own a house  
-own a Dodge Charger

## BE GOALS

-an engineer  
-a parent  
-Red Sash

Start this assignment with a meditation, alone in a quiet place. Picture yourself 10-15 years in the future, and life has turned out great for you! What has made it so great? What goals have you accomplished by then? Write at least 10 examples of each type of goal:

## DO GOALS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## HAVE GOALS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## BE GOALS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_