

The student will continue to practice previously learned skills as well as try new material. Special attention should be paid to the Self-Defense and Forms curriculum, for which the student will earn proficiency stripes.

**Attendance goal: 50 classes**

**Core Tenet Stripe #1 - Leadership** - The student will earn a stripe for the core tenet of LEADERSHIP by (1) leading by example in class; and (2) assisting in 5 younger classes (Beginners or classes for children aged 4-7). This should be arranged with the instructor ahead of time.

**Core Tenet Stripe #2 - Black Belt Attitude** - The student will earn a stripe for the core tenet of BLACK BELT ATTITUDE by (1) showing high energy and effort in class; and (2) having parents/guardians verify the child is showing a “can do” attitude at home and in school, especially in the face of new challenges; and (3) recording at least two instances when they made a special effort to improve a situation for others by taking positive action and demonstrating a positive, problem-solving attitude; and (4) tracking at-home practice of Palgwe 6 & 7 for 50 repetitions each.

### **Curriculum Stripe #1 - Forms**

Palgwe 6

Palgwe 7

Basic Bo Staff Form

### **Curriculum Stripe #2 - Self-Defense**

Grab Defense - Bear Hug

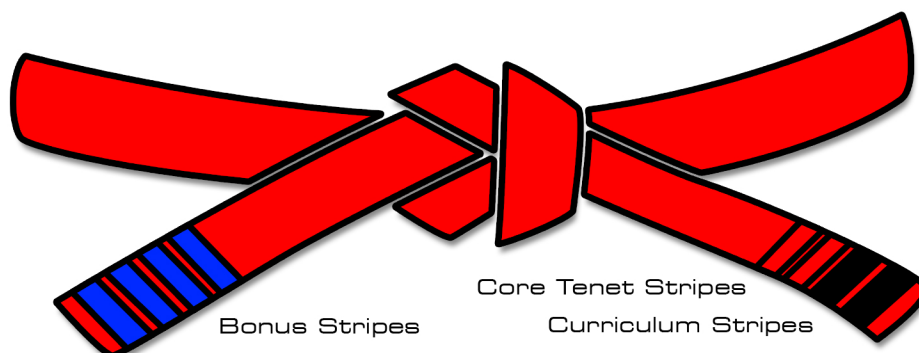
Grab Defense - Head Lock

Grab Defense - Front Choke

Ground Defense - Bump & Roll vs Mount

Ground Defense - Ground Head Lock Escape

Ground Defense - Escaping Side Control to Guard Position



Student's Name: \_\_\_\_\_

## **Core Tenet Stripe #1: Assist in 5 classes**

Once completed, return this sheet to your instructor to earn your LEADERSHIP core tenet stripe!

The responsibility of a senior student is to lead by example. What better way than jumping in there and sharing your knowledge and skill with those who are working toward your level! Talk to your instructors to find classes that would be a good fit for you and your schedule.

Class #1

Date	Time	Age & ranks in class	
Did you: <input type="checkbox"/> Demonstrate <input type="checkbox"/> Hold pads <input type="checkbox"/> Lead an exercise <input type="checkbox"/> Partner			
How do you feel you did as an assistant?			

Class #2

Date	Time	Age & ranks in class	
Did you: <input type="checkbox"/> Demonstrate <input type="checkbox"/> Hold pads <input type="checkbox"/> Lead an exercise <input type="checkbox"/> Partner			
How do you feel you did as an assistant?			

Class #3

Date	Time	Age & ranks in class	
Did you: <input type="checkbox"/> Demonstrate <input type="checkbox"/> Hold pads <input type="checkbox"/> Lead an exercise <input type="checkbox"/> Partner			
How do you feel you did as an assistant?			

Class #4

Date	Time	Age & ranks in class	
Did you: <input type="checkbox"/> Demonstrate <input type="checkbox"/> Hold pads <input type="checkbox"/> Lead an exercise <input type="checkbox"/> Partner			
How do you feel you did as an assistant?			

Class #5

Date	Time	Age & ranks in class	
Did you: <input type="checkbox"/> Demonstrate <input type="checkbox"/> Hold pads <input type="checkbox"/> Lead an exercise <input type="checkbox"/> Partner			
How do you feel you did as an assistant?			

# Red Belt



Student's Name: \_\_\_\_\_

## ***Core Tenet Stripe #2: Black Belt Attitude***

Once completed, return this sheet to your instructor to earn your BLACK BELT ATTITUDE core tenet stripe!

Practice and repetition are excellent for perfecting and retaining skills!

Use the blocks below to track your progress toward 50 repetitions of Palgwe 6 & 7..

Inside each block, give yourself a score from 1-5 with 1 being not much effort at all and 5 being maximum energy, effort, and focus!

Palgwe 6									

Palgwe 7									

List at least two instances when you made a special effort to improve a situation for others by taking positive action and demonstrating a positive, problem-solving attitude. Use the back of this sheet if necessary.

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