

BROWN 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 “Psycho-Cybernetics by Maxell Maltz & complete 6 Chapter Report Sheets
- Read “Grit: The Power of Passion & Perseverance” by Angela Duckworth and complete 6 Chapter Report Sheets
- Read “Extreme Ownership” by Jocko Willinck & complete 6 Chapter Report Sheets
- Attend Level 3 as a student 3 times this cycle with this question in your mind: “What would happen if everyone was doing what I was doing?” After each class, write 1 paragraph about your observations. Hand in your written log with this sheet and rest of your Brown Chevron hmwk.
- Complete the following

Demonstrate all 6 2 nd Chamber hand forms with proper count and explanation.	(2nds)Run fitness 3 x this cycle in 2 nd Chamber (4s)Run fitness 3 x this cycle in Level 3
<i>Instructor Sign</i>	<i>Instructor Sign</i>
(2nds) Run Review for 2 nd Chamber on Week 7 (4s) Run Review for Level 3 on Week 7	Shadow Ryker for a Kung Fu Pizza Party this cycle.
<i>Instructor Sign</i>	<i>Student Sign</i>
Learn and demonstrate how to properly greet a walk-in lead at the door.	Under supervision of a staff member, run a 20-30 minute private lesson with a Level 3 (4s) or 2 nd Chamber (Brown+) GOLD Team student and receive feedback.
<i>Instructor Sign</i>	<i>Senior Instructor Sign</i>
Demonstrate how to run a group 1 st Introductory Lesson for kids	<i>Senior Instructor Sign</i>

- In writing, explain the reason why instructors use the following techniques

Spotlighting the top	Teaching to the middle	In-class games	Private Lesson	The Broccoli Technique
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- In writing, describe each of the following techniques to the best of your ability.

Spot 5	Spot 6	Spot 7	Spot 8	Spot 9	Spot 10
Spot 11	Spot 12	Spot 13	Spot 14	Spot 15	

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

Mindstorming	Paralysis by analysis.	Why is it important for the instructor to do at least 75% of the physical part of their class?	Why does Sifu tell new students to train 1 Minute per day?
Mindmapping			
Lending Discipline	Zen Master Says “we’ll see”	Why is it important to involve the parents in class and engage them in their child’s learning?	Why is it important for a Black Sash instructor to maintain professional boundaries with the underbelt students?
Activity vs Result		“You’re only as good as your last class”	
The 5 w’s	Motion Creates Emotion	“If you’re not part of the solution, then you’re part of the problem”	The body follows the mind and the mind follows the body

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