

# YELLOW 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 “Psychology of Winning” by Dr. Denis Waitley & complete 6 Chapter Report Sheets
- Complete the following

Warm-up the class 3 times this cycle.	Learn, Memorize, & Demonstrate the 3 Pad Forms from Level 1.	Attend a Kung Fu B-Day Party or Honour Roll Party as a spectator.
<i>Date: Level: Instructor Sign</i>	<i>Pad Form 1: Instructor Sign Pad Form 2: Instructor Sign Pad Form 3: Instructor Sign</i>	<i>Date: Instructor Sign</i>

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

Giving a Compliment	Using a compliment sandwich.	Self-Talk/Affirmations	Setting a goal
---------------------	------------------------------	------------------------	----------------

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

Half-Lotus Stance	Neutral Stance	Attention Stance	Bow Stance	Horse Stance
-------------------	----------------	------------------	------------	--------------

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

Why is positive language and self-talk important?	How can an instructor best teach an Auditory Learner?	How can an instructor best teach a Visual Learner?	How can an instructor best teach a Kinesthetic Learner?
Why is positive mental attitude important?	Why is expressing gratitude on a daily basis important?	Why is respect important?	Why is it important to “begin with the end in mind”?
Why is timing important in martial arts?	Why is timing important as a GOLD Team Instructor?	Why is self-control important in martial arts?	Why is self-control important for instructing students?

- Complete and record 20 hours of volunteer hours on your Gold Team Hours Tracker

Date Completed and Handed In:

Student Received Patch: *Instructor Sign*