



**KARATE**

# **ELITE LEADER HANDBOOK**

This book belongs to \_\_\_\_\_



# Foreword

Welcome to Elite Freestyle Karate's Leadership Team! This program is designed to teach you how to become a leader in and outside of the Dojo. You will be learning skills such as public speaking, critical thinking, responsibility, conflict resolution, teaching others, and above all else, being a good role model.

This program also includes more intensive and advanced martial arts training as it is extremely important to set a high standard for the lower-ranked students in school. We look forward to working with you, training you, and watching you develop.

Sincerely,

Shihan Gary,  
Master Sensei Herman,  
& Sensei Ethan.

# Getting Started

## Equipment

» Along with the equipment provided upon enrollment in the program, leaders are responsible for getting their own notebook and three ring binder. They must also bring their own writing utensils to Leadership class.

## Attendance

» In order to test and advance, Leaders need to reach a leadership class attendance quota. Leaders must get an attendance sheet at the desk, and are expected to write in their own attendance, and have it signed off by any EFK staff member each time they take class. Leaders who forget to have their attendance signed, or forget their notebooks, will still receive a regular attendance towards their next belt, but lose their leadership attendance for that day. It is their responsibility to keep these attendance pages up to date.

## Notebooks

» Leaders are required to make notebook entries after every leadership class they attend. Each entry must be dated. Entries can be what a Leader learned in class or a reflection on the class or program as a whole. Leaders may write what they think is important in journals, yet a few lines can be considered as an acceptable entry.

## Assisting in Class

» Assisting in class is a privilege offered to Leaders who are doing well in and outside of the dojo. Leaders must approach the head instructor of a school regarding opportunities to lead, and must sign up for a class and commit to it each week. It is acceptable for Leaders to miss leading in class if they are sick, have homework, or other extraordinary circumstances, but the student assisted by parent must call or email ahead of time to let the school know. Like in the real world, not showing up without calling can result in the Leader losing his or her spot, and having to earn it again. Leaders must wear their Leadership uniforms to help in class.

## Testing for new Chevrons

» When a leader has reached the required number of leadership classes, time, and journal entries, he or she is responsible for approaching a head instructor to request a testing date. If approved, the student will then be set to test during a leadership test. While instructors will be happy to help, it is up to each leader to make sure he or she is ready for the test. Leaders should work together to practice, ask questions, and prepare each other as a team. This will be especially important for Leaders of higher Chevron rank.

## Becoming an Instructor

» Leadership is a great first step for any student who wishes to someday become an instructor. While there are requirements beyond the Leadership program, many of our great instructors started in this program. Those who show consistent work ethic, a passion for teaching, and set the highest examples may be approached with this opportunity as early as 14 years of age.

# Leadership Team Ranks

## White Chevron

- » Minimum of 10 Leadership Classes.
- » Present 10 notebook entries describing what you learned in Leadership classes.
- » 3 Month Minimum in Leadership
- » Tie your own belt in 60 seconds or less.
- » Demonstrate a proper hand shake.
- » All proper patches on Gi in correct spot.
- » Present an organized, 3 ring binder containing notes and homework.
- » Student Creed # 1.

## Yellow Chevron

- » Minimum of 10 additional Leadership Classes.
- » Present 10 notebook entries describing what you learned in Leadership classes.
- » Additional 3 Months in Leadership
- » Demonstrate how to tie another student's belt.
- » Demonstrate a proper greeting using "Hello Sir" or "Hello Mam".
- » Demonstrate ability to bow students in and line them up at the beginning of class.
- » Demonstrate double Kali Strikes 1-7

## Orange Chevron

- » Minimum of 10 additional Leadership Classes.
- » Present 10 notebook entries describing what you learned in Leadership classes.
- » Additional 3 Months in Leadership
- » Lead a scripted warm up.
- » Demonstrate how to cut stripes.
- » Demonstrate ability to collect pads and cones.
- » Demonstrate double Nunchaku Form 1

## Blue Chevron

- » Minimum of 10 additional Leadership Classes.
- » Present 10 notebook entries describing what you learned in Leadership classes.
- » Additional 4 Months in Leadership
- » Sign up and assist in 4 lower ranked classes as a leader.
- » Explain and demonstrate PCP (Praise, Correct, Praise)
- » Lead a small group of 1-3 students in a lesson.
- » Read one book on leadership from cover to cover.
- » Demonstrate How to hold a square target for straight punches vs. hooked punches.
- » Demonstrate ability to help another student put on sparring gear.
- » Demonstrate Bo Staff Strikes 1-7.

## Green Chevron

- » Minimum of 10 additional Leadership Classes.
- » Present 10 notebook entries describing what you learned in Leadership classes.
- » Additional 4 Months in Leadership
- » Sign up and assist in 4 lower ranked classes as a leader.
- » Run a Dynamic Warm-up demonstrating confidence & enthusiasm.
- » Write and perform a personal testimony about how the martial arts has changed your life.
- » Demonstrate How to hold a square target for straight punches vs. hooked punches.
- » Assist in one belt exam. Record in notebook.
- » Student Creed # 2.
- » Demonstrate double Kali Strikes 1-14

## Purple Chevron

- » Minimum of 10 additional Leadership Classes.
- » Present 10 notebook entries describing what you learned in Leadership classes.
- » Additional 4 Months in Leadership
- » Sign up and assist in 4 lower ranked classes as a leader.
- » Help in two belt exams. Record in notebook.
- » Demonstrate ability to meet and greet 10 parents.
- » Deliver the word of the month in 60-90 second speech.
- » Student Creed # 3.
- » Demonstrate double Nunchaku form # 2.



## Red Chevron

- » Minimum of 15 additional Leadership Classes.
- » Present 15 notebook entries describing what you learned in Leadership classes.
- » Additional 5 Months in Leadership
- » Sign up and assist in 10 lower ranked classes as a leader.
- » Run a 5 minute scripted teaching segment.
- » Demonstrate “Black Belt Leader A Minute”.
- » Demonstrate Appropriate Touches.
- » Student Creed # 4.
- » Demonstrate Bo Staff Strikes 1-14

## Brown Chevron

- » Minimum of 15 additional Leadership Classes.
- » Present 15 notebook entries describing what you learned in Leadership classes.
- » Additional 5 Months in Leadership
- » Sign up and assist in 10 lower ranked classes as a leader.
- » Help in 3 Belt Exams.
- » Complete 2 leadership books, cover to cover.
- » Mentor 1 students through their first and second Chevron.
- » Demonstrate Elite’s Kali Form.

## **Black Chevron**

- » Minimum of 15 additional Leadership Classes.
- » Present 15 notebook entries describing what you learned in Leadership classes.
- » Additional 5 Months in Leadership
- » Sign up and assist in 8 lower ranked classes as a leader.
- » Create a 60 second video on how Leadership Program has made you a better Leader
- » Help in 4 additional Belt Exam Tests
- » Create and teach your own 5-8 minute segment of class.
- » Help 3 additional students through their first 2 Chevrons.
- » Design and perform a 60 second weapon kata using the weapon of your choice.



ELITE FREESTYLE



KARATE