

Leadership Academy's Graduation Requirements



Dear Parents and Students,

The following graduation requirements are designed to test a student's ability both in martial arts training (physical and mental) and Leadership Ability (experience and practice).

Our goal is to instill positive character traits and leadership traits in our students through a very specific set of drills, requirements, and challenges. Each student should be training in the martial arts both in class and practice outside of class. In the same respect, each student should be practicing their ability to lead both in class and outside of class.

We offer an opportunity for a student to graduate (or advance in belt rank) every other month. Every February, April, June, August, October, and December we will be holding a Formal Testing and a Formal Graduation Ceremony. The formal graduation is the Last Thursday of the month and the formal testing for TKD students is always Monday before graduation night. Normal scheduled classes are cancelled on these 2 evenings for preparation. TKD Students who are a green belt or higher are required to participate in testing, whether they are advancing in rank or not. This is especially important so that the instructors can evaluate each student on their knowledge of the art. Jiu Jitsu Students will be tested in class. Tips or belts will be awarded at graduation or at the Royce Gracie Seminars held at least once a year. If your student is listed on the eligibility list posted at the school, facebook, or email, please fill out the appropriate forms and turn in your graduation envelope (with forms and fees) one week prior to graduation to avoid a \$10 late fee. If your student is eligible for a new rank you will need to turn in the following requirements in the Graduation Envelope (available at the front counter). (Step 1 through 4)



Graduation Steps 1 through 4:

1) Check Eligibility:

We will post an eligibility list at your training facility, as well as, our Leadership Academy Facebook group. Please check the list to see if your student has enough attendance to test and potentially graduate to a new rank.

2) Graduation Envelope and Fee:

Please grab a graduation envelope from the front desk. Please fill out the top portion of your envelope with your student's name, age, and how many stripes they have on their belt. Please place your graduation forms and fees within the envelope and turn in 1 week prior to graduation. Please check the bottom of the envelope to find your graduation fee for each belt rank. For Jiu Jitsu students no fee is required since belts will be part of the Seminar Fee.

3) Parent/Teacher Approval Form:

These forms are available at the front desk. Both parents and school teachers must sign the form agreeing that the student deserves his/her next belt (Jiu Jitsu students need form for both tip and belt) based on attitude, listening skills, leadership ability, respect, courtesy, and discipline. This form is a way to help parents instill that their martial arts training is not only on the mats but in all areas of their life. Adults do not need to turn in this form; this is for students 17 years and younger.

4) Curriculum Sheet:

These forms are available at your facility's front desk. Please choose your curriculum sheet based on which classes you are enrolled in (Basics, Intermediate, or Advanced). Jiu Jitsu does not have a curriculum form. Your form should also coordinate with the appropriate graduation month (shown at the top of the page.) Please fill out your student's information at the top left of the form. The bottom left portion of the sheet is the curriculum that will be covered in the next two months. Your student should be reviewing these techniques at home as they are learning them in class.

Other Details You May Need:

Projabi/ Leadership Projects:

The top right portion is for your leadership training. If you are interested in and want to participate in community service projects please record your activities in this location. Information will differ for each student as they will have different project ideas, interests and goals. Simply include a summary of what you did in as much detail as possible. We will be giving out separate awards at graduation for the best community service project that curriculum period.

Graduate with Honors Section:

The bottom right hand side of the page is a recording section for your student to log their extra work. Based on their age and their curriculum form they will record acts of kindness, complete a list of heroes, log acts of environmental self-defense, reps of a form, and log healthy eating. They are not required to fill in this information until they are at the ranking of Red Belt; however, the benefits of them doing the "extra" are huge. Our philosophy is to take a big goal like 1000 push ups and breaking into small goals of 10-20 a day. This teaches kids that big goals are attainable with hard work and persistence. Please log these on the back side of the sheet or on a separate sheet of paper.

Repetition Requirements:

For each belt rank (and for each age group) your student will have a certain number of kicking and hand techniques to practice at home (kicks, blocks, strikes and punches). Please practice from the curriculum list on the bottom left side of the sheet.

You also have a certain number of pushups and cannonballs to practice at home. As an act of discipline, your student should be doing this each night as you'll find that small acts add up to be BIG things very quickly. Each night (or each morning) simply record what you practiced on the tracking sheet.