

There's More To Martial Arts Than Punching and Kicking

... and we're not talking about grappling! If you think that training in martial arts requires technical, discipline, commitment and toughness - you're right. However, the real value of martial arts is creating high personal standards that impact the world in a positive way. Grand Master Jhoon Rhee describes martial arts as an 'action based philosophy', which means that as a martial artist your actions - not your words - define who you are on or off the mat.

Our Altruistic Requirements are for personal growth in all of our students and are required for our junior students. Students must pick one task and complete it before their belt promotion for each belt rank.

Please Use www.LeadershipStudents.com to Record All Of Your Progress and Projects. This is a REQUIREMENT for all students (5-17) and must be completed for EVERY belt advancement

Basic

- **Polite Greeting**
journal 20 acts of polite greetings to teachers, friends, parents etc.

- **Kindness**
perform and journal 20 acts of kindness and respect on leadershipstudents.com

- **Quiet Time or Meditation**
perform & journal 20 acts of quietness or meditation

- **Record a NLT Community Project**
Complete and Record a Project for Your Project Portfolio

Intermediate

- **Nutritional Self-Defense**
journal 20 healthy meals

- **Lake Preservation**
Take part in or organize a lake clean-up

- **Reading**
reflect on one book that you read, why you enjoyed it and how it may or may not relate to altruism

- **Critical Thinking**
reflect and journal on the messages in 2 hours of T.V.

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Advanced

- **Role Models**
profile/interview 5 living heroes (non-family)

- **Service**
mentor a lower belt to help them reach their goals

- **Environmental Self Defense**
record 50 acts of kindness to the earth

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Black Belt

- **Heroes Journey**
you are the hero of your own life, tell the story: exodus, epiphany, return

- **Mending Relationships**
journal the mending of three relationships or "righting" these wrongs

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- **Additional**
complete any of the other tasks listed on this page and/or create your own

