

Welcome to the:

# National Leadership Team

Project Based Leadership  
Training Manual



# NLT

“Leaders Are Not Born... They Are Created”

[www.LeadershipStudents.com](http://www.LeadershipStudents.com)



*"Experiencing Leadership Through Community Activism"*

## **National Leadership Team**

The NLT Was founded on the principles of martial arts training. Martial Arts training is about learning discipline, leadership, confidence, and respect. If you are now training in the martial arts, your martial arts program teaches these principles in your classes. The NLT is a way for you to apply your martial arts training in the real world. Take your martial arts "out of the dojo and into the world."

**www.LeadershipStudents.com** is an online resource for you to use to enhance your leadership training. My hopes for you is that you will begin to develop goals and projects that are important to you. The experience and process is everything.

The NLT program will give you an opportunity to practice your leadership ability through community service projects and personal goals. This experiential training will give you an opportunity to lead by example and gain recognition for your project based leadership training with your project portfolio.

If there is anything we can do to further assist you or if there is anything you wish to discuss, whether it is a problem, concern, or a compliment, please feel free to email Mr. Engels. We are here to make your experience with the National Leadership Team one to cherish for years to come.

Once again, thank you!

Sincerely,

Mr. and Mrs. Engels and the rest of the National Leadership Team.

## **Contact Us**

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# **Welcome to The National Leadership Team**

**“Leaders Are Not Born...  
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# The National Leadership Team



*“We don’t need self-defense from physical attacks – we need to learn self-defense from mediocrity, lack of self-esteem, apathy, and ignorance.”*

- Tom Callos,  
Ultimate Black Belt Test  
Master Black Belt Instructor

## Welcome

The National Leadership Team, much like training in the martial arts, is a vehicle for experiencing personal growth, real leadership, and helping you realize your potential through real life experiences. The NLT started with a group of martial artists seeking balance in their training in today's world. Martial Arts throughout history have been much more than physical combat and physical mastery. Martial arts training has been a path for developing compassion, understanding, empathy, peace, and a vehicle for becoming a better person. This is the foundation from which the NLT has grown from. This is the area that you will be focusing on in your leadership training. The NLT will help you develop into a compassionate, powerful human being. Kano, Funakoshi, Bruce Lee, and Ueshiba were all great fighters and famous martial artists, but they were also very well known for their ability to lead. Leadership is at the forefront of the martial arts training. The NLT is simply a vehicle to experience Leadership through community activism and experiential based training.

## Contact Us

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# There's Much More To Martial Arts Than Kicks, Punches, and Grappling...

## A Letter To All Martial Artists Using The National Leadership Team

Martial Arts are about perfecting character. Without altruistic training and philosophy, martial artists are just brawlers. Without compassion, martial artists are just street fighters learning to beat each other up. The National Leadership Team is about taking the lessons we learn in our martial arts leadership programs and applying them to real world projects and goals. The experience is everything. This experience creates leadership.

With the NLT, you are now a part of a group of martial artists on a mission. You will begin to learn real, true, un-fakable leadership through project based leadership training. The NLT will focus on developing compassion and leadership in your martial arts training **through putting together projects in your community that are important to you.** In fact, we are on a mission to complete 5000 Community Projects across the nation. We need your help to accomplish this WOW goal.

## Why Do Martial Artists Need To Do Rak's And Community Projects?

Martial artists throughout history understood that the Martial Arts were about much more than punching and kicking. Kano, Funakoshi, Ueshiba, Bruce Lee, and others were all known as brilliant martial artists, but more importantly they were known as amazing human beings. They were powerful and compassionate leaders who we respect to this day because of their ability to take action on the things that are important to them.

NLT students are making a stand for "martial artists". Tom Callos once said, "Whenever I say 'martial arts,' I think 'life,' and whenever I say 'martial artist' I think, 'human being.'" So in reality we are training in the martial arts not to become only great fighters, but to become amazing human beings. Our mission for the martial arts community is to raise a new type of martial artist. As our master instructors taught us before we were born, physical self defense is only one aspect of the martial arts training.

Martial Artists are leaders who are passionate about Random Acts of Kindness for others (which is self defense against cruelty and injustice). Martial Artists are compassionate human beings who are passionate about community involvement and projects that make a difference (which is self defense against low self-esteem and non-action). Those who practice Karate, Kung-Fu, Taekwondo, etc... are not only great at the physical techniques and fighting aspects of their arts, but they are also Black Belts at goal setting and achieving (which is self defense against mediocrity and self defense against quitting).

This is what the martial arts are about at a core level.

When we started in the martial arts we wanted to learn self defense, discipline, confidence, leadership, physical coordination and skill. We learn kicks, punches, locks and throws to practice these skills. Physical techniques are one vehicle to learn this. The NLT is the other vehicle. In fact, it's the Ferrari sitting in the parking lot. It's useless unless you get in, turn the key, and step on the gas. You are the only variable. No one will ever give you leadership. Leaders are never born, they are always created through real life experiences, lessons, and projects that teach us internally.



Welcome to the NLT.

NLT - Transforming Mediocrity  
Into Mastery One Student At A Time

# The NLT Is For ALL Students of Leadership Both Martial Artists and Non-Martial Artists

A Note To ALL Members of The National Leadership Team

## We're On A Mission To Record 5,000 Community Projects!

How will we do this? One ACTION at a time. Your Next Project Counts!

Are you going to watch us... or JOIN US?

Our community of National Leadership Team members are enhancing their lives and furthering their education through community activism, environmental self-defense, peace education and personal development. The Leadership Students Website allows you to track your progress, create your Leadership Project Portfolio to gain credibility and experience as a leader, while sharing your projects with others.

### WHY 5000 PROJECTS?

5000 is a starting point for making a statement. 5000 is something that we as a team can be proud of. 5000 gives us the credibility and social proof that we are people of ACTION and are truly making a difference. With 5000 projects recorded, you will have done your part and built your own PROJECT PORTFOLIO (of 5-10 projects) that is worthy of recognition. When the team hits 5000 projects, the members of the NLT will have learned something very REAL about LEADERSHIP. When the NLT hits 5000 projects, we will reset our goals higher and continue on our Journey.

### The Power Of Being On A Team of Winners

With a team, you'll be able to leverage the experience of those who have come before you. You'll be able to meet friends and inspirational 'heroes' and role models that you can follow. With a team, you'll have access to a group of like minded individuals on the same mission as you: TO BUILD SOMETHING MEMORABLE AND WORTHWHILE WHILE LEARNING REAL LEADERSHIP.

As a member of the NLT, your PBLT training will require you to conceive of, plan, and LEAD a community service project (or several) of your choosing to demonstrate character, leadership ability, and commitment to community. You will begin to build your own Project Portfolio which you can use for a lifetime of success. This is the #1 way to learn real leadership, through experience and real action. Leaders are never born, they are created through adversity, positive experiences, and practice.

### The Rules/Guidelines For You To Engage In A PBLT Leadership Project

1. Every project must require the participant to involve one or more people in the endeavor.
2. Every project must require some kind of benefit to something or someone in the community.
3. Ideally, each project is chosen by the participant, the exception being projects that require several students and/or projects organized by the group leader.
4. The initial project shouldn't be a complicated one –and ought to involve no more than an hour or two of work (1-2 months for the first project and shouldn't take any more than 3-4 months between projects after that).
5. Every project is to be documented in your NLT team's Project Portfolio.

*~ Rules Written By Master Tom Callos*

Welcome to the NLT.

# Getting Started

## How To Consume The NLT Training System

The "National Leadership Team" system is made up of an online project tracking system, 'Leadership Action' training and 'How To' video training.

The online project tracking system is intended to provide you with a resource to build your Project Portfolio. This is the experiential education that will give you the most benefit - actually going out and DOING the actions that produce the results in your community. You will find additional Leadership training **in the 'Leadership Action' Training.**

When necessary I have also created some video tutorials to further explain more detailed topics - mostly, how to use the NLT system.

So in other words, reading this manual is not enough to fully implement the "National Leadership Team" system.

### *Here's how I suggest you go through this course:*

1. Read this NLT manual FIRST along with the other sections of this site to get a general overview of the system as a whole.
2. Watch the videos once without stopping.  
(This will give you a complete understanding of the system.)
3. Begin your first project. Start thinking about a project that you want to start. Use the Project Training section to view other projects and get ideas.
4. Start recording the details in your members area by clicking on "Start a New Project". Use the "Edit My Project" button to make changes and keep track of your project details.
5. Take action, inspire others to help with your project, take more action with your team, get results and record them on the site. Build your project portfolio by repeating this process over and over. Start building on past projects, improving each time and getting better results!

Ok, let's get started...

# Ease and Functionality of Using The Website

Project Stars, Start a Project, Edit a Project, Complete a Project, Search, and Project Portfolio

## Project STARS

Stars are a method of rewarding you for your achievements. When you complete your project, you will assign it a colored star based on the difficulty level. Your project and your star selection will be reviewed and approved or changed.








*approved*  → 

*changed*  → 

**Approved:** Star will remain exactly the color you selected.

**Changed:** You will still receive a star for your project, but a panel of judges will have decided that your project deserves a level up, or a level down, based on the project that you completed. (i.e. if you chose a black star for your project and only recorded a fairly simplistic project, we will review the project and change your star to a more appropriate color.)

### “Stars” Explained

White   
Yellow   
Green   
Blue   
Red   
Black   
2nd Black 

 = Simple Project  
 = Level 2 Project  
 = Level 3 Project  
 = Level 4 Project  
 = Level 5 Project  
 = Level 6 Project  
 = Very Big Project



**Start**  
A New Project

- Enter details for your new project. Start your portfolio.



**Edit**  
Existing Project

- Edit any projects details at any time. Update info.



**Complete**  
Your Project

- When you're complete, record the date and the details.



**Search**  
Project Database

- Get project ideas or View any school's/student's portfolio.



## Your Project Portfolio

Your main goal with your NLT leadership training should be to build your Project Portfolio.

Your Project Portfolio will be used to demonstrate credibility and gain recognition as a leader. It is proof of your experience in a leadership role. It will display your growth as a person of influence by demonstrating your smaller projects first and your larger, most recent projects as you've grown.

Colleges will ask for your community service involvement. You can use your Project Portfolio. Employers will ask for leadership/management experience. Use your Portfolio to launch yourself ahead in your career by making yourself stand out from the competition. Your Community will begin to appreciate your altruistic responsibility and you will be rewarded for your actions. Your Project Portfolio is a tool, it is leverage, it is a demonstration of your ability to LEAD.

*"Simple kindness to one's self and all that lives is the most powerful transformational force of all."*

- David R. Hawkins

# Examples of NLT Student Projects

Anything is possible with your NLT projects. Your PBLT project could be a variety of possible community based projects ranging from Animal Preservation, Environmental Self Defense, Peace Awareness, Education, Better Health, Respect For Seniors, . These goals should challenge you and you should never quite on a goal. Change it so that it is achievable, but the only way to fail, is to quit!

## **- Environmental self-defense (project)**

Tackle 10 actions to help our environment,  
Ask your friends to help.

## **- Raise Money To Send To WWF**

The world wildlife fund has a program where  
you can adopt the animal of your choice.

## **- Kindness (RAK)**

Gather a group of 10 friends to perform and journal 10  
acts of kindness and respect each. That's 100 Acts!

## **- Lake or Ocean Preservation (project)**

Take part in or organize a lake or ocean clean-up

**Your Leadership Students Members Area  
Has a "Leadership Projects Training Section"  
that includes a library of ideas and inspiration  
that may spark something for your own project.**

*Just look for  
this button  
in your  
members  
area.*



**PBLT Project Ideas**

NOTE: These are just samples, you can, and  
are encouraged to, design your own projects as well!



***"It was character that got us out of  
bed, commitment that moved us into  
action, and discipline that enabled us  
to follow through."***

***- Zig Ziglar***

# Step By Step - Getting Started

## 1. Get Signed Up.

Go to [www.LeadershipStudents.com](http://www.LeadershipStudents.com) and click on

A yellow, rounded rectangular button with a black border and the text "\*\*Join Now\*\*" in blue.

## 2. Login and Complete Your First Project

Every student begins their training with completing the first project

Here are 3 project ideas to start with...

- 1) Get a group of friends and/or family and clean up a section of road in your neighborhood
- 2) Gather a group of friends and record 10 acts of kindness (or 10 acts of environmental self defense) each totaling 100 acts
- 3) Place some boxes in your community to collect canned food, clothing, ...etc and then donate them to a good cause.

## 3. Take Action On Your Project - Put Together A Team

Click "Start a Project" and enter in all of the details of your project, continue adding details and planning your action steps.

## 4. Complete Your Project

Once you have a plan. Build a team, Raise some money if needed. Follow your plan. Overcome any adversity along the way. Complete it.

## 5. Record Your Completed Project on the NLT Website

Once you've finished your project, mark your project as complete on the website. Also, be sure to record any photos and/or videos. Once your project is completed it can be added to your Project Portfolio.

## 6. Lead By Example

Every time a project is completed, it is reviewed and recorded on the NLT site. Your projects are tracked in your Members Area. Once recorded, your project will show up the search area. Others can view your project and follow your lead.

## 7. Start a New Project and Continue Building Your Project Portfolio

The experience is everything.  
The experience creates Leaders.



**“There’s More To Martial Arts  
Than Punching and Kicking”**

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