

# Graduation Requirements

*Explained*



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 is always 1 week prior on a Thursday evening.

Normal scheduled classes are cancelled on these 2 Thursday evenings for preparation.

Every time you or your child plan on testing for a new rank you will need to turn in the following requirements in the Graduation Envelope (available at the front counter)

## 1) Parent/Teacher Approval Form

- Available online in the 'students section' at [www.LeadershipAcademyMartialArts.com](http://www.LeadershipAcademyMartialArts.com)
- Both parents and teachers must sign off agreeing that you deserve your next belt based on attitude, listening skills, leadership ability, respect, courtesy, and discipline.
- Adults do not need to turn in this form - it is for students 17 years and younger.

## 2) Graduation Fee

- On the red envelope you'll find your graduation fee.
- If you are a High/Blue Belt testing for Red Belt, You'll pay the 'red belt' fee.

## 3) Non-Physical Requirements

- If you click on your belt curriculum, found on 'students section' of site, you'll see "Non Physical Requirements. Generally you'll need to complete a community project or a list of heroes, or complete a number of acts of kindness.
- It will differ for each student as you have different project ideas, you have different interests and different goals.
- Simply include a summary of what you did - as much detail as possible - in your envelope along with everything else.
- There is no actual form for this requirement. Just write or type a summary.

## 4) Repetition Requirements

- For each belt rank (and for each age group) you have a certain number of kicking and hand techniques to practice at home (kicks, blocks, strikes and punches).
- You also have a certain number of pushups and cannonballs to practice at home.
- As an act of discipline, you 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 a TRACKING SHEET (available on the 'students section')
- Turn in your tracking sheets along with your envelope and other requirements.

NOTE: Be sure to fill in the entire "Application for Rank Advancement" sheet in your envelope. This new form includes all of the curriculum, tracking sheets for non physical and repetition requirements, and place to write in your project details.