

SEPTEMBER-NOVEMBER 2011

KNOWLEDGE

**Be Humble &
Never Stop
Learning.**

★
**LEADERSHIP
STRIPE**
★

Read through all 20 Missions. You earn 10 points per completed mission. You earn your leadership stripe for turning this form in. You also earn RED stars to display on the left side of your belt! See the Leadership Scale below on the left.



ULTIMATE LEADERSHIP
MARTIAL ARTS

**EACH MISSION IS
WORTH 10 POINTS**

LEADERSHIP SCALE:

200 POINTS

ULTIMATE LEADER

Student Earns 4 Red Stars

150-190 POINTS

SUPER LEADER

Student Earns 3 Red Stars

100-140 POINTS

LEADER

Student Earns 2 Red Stars

50-90 POINTS

FUTURE LEADER

Student Earns 1 Red Star

MISSIONS 1-5: KNOW YOUR MOVES...

What do you know about performing your moves. You earn 10 points for each completed mission:

POINTS:

MISSIONS:

1. When I do a spin kick I turn towards my _____ leg.
2. For more power, when I do a hand technique my wrist will _____
3. I Prepare an Inner Forearm Block by crossing my blocking arm on _____
4. When I do a forms Knifehand Strike, I prepare by crossing it palm up on _____
5. When you do a Front Kick, kick forward into the target with what part of your foot? _____

MISSIONS 6-10: MANUAL KNOWLEDGE:

These missions test your knowledge of our Student Manual. The number next to the mission is the page in the manual that you can find the answer. You earn 10 points for each completed mission:

POINTS:

MISSIONS:

6. (1.5) What do the 5 points on the Chidoryok Star Represent? _____
7. (2.3) What should you do if you are 1-5 minutes late? _____
8. (2.6) What does a 6th degree's Black Pants represent? _____
9. (5.1) Who developed our Traditional Forms? _____
10. (9.5) What is an example of a healthy fat? _____

Knowledge is POWER... The more I know, the more options I have!

Student Name

Parent Signature (for Juniors)

Student Signature

MY TOTAL POINTS:



ULTIMATE LEADER PROFILE:

Madison Mershad

Madison has been training in Martial Arts almost all of her life. This year will mark 1 decade of her TaeKwonDo journey. She has graduated the Lil' Dragons program, got her Black Belt at 8 years old, and is a valued member of the ULMA Instructor team. Miss Mershad is also a ranked X-Treme Forms competitor. Being the Academy owner's daughter, she kind of "has to" train... However, Madison has never waived in her desire to train consistently 2-3 days per week. She loves assisting with classes and helping at Academy events. Madison and others like her are the future of Ultimate Leadership Martial Arts... And our future is looking bright!

Madison's Challenge to you:
Keep training, don't give up,
and be AWESOME!



MISSIONS 11-15: FOCUS MASTER

It is proven that we learn more when we are FOCUSED. You earn 10 points for each completed mission:

POINTS:

MISSIONS:

11. Look at a friend while they are telling you something.
12. Be able to repeat back directions once you have been told them.
13. Start a project and finish it without getting distracted.
14. When you find yourself getting distracted remember this mission and FOCUS!
15. (KIDS) When your teacher is teaching make sure to keep your eyes focused.
15. (ADULTS) When your Boss (or other) is talking make sure to keep your eyes focused.

MISSIONS 16-20: LEADERSHIP TASKS

These missions are focused on going the "Extra Mile". You earn 10 points for each completed mission:

POINTS:

MISSIONS:

16. Write down 2 goals that you want to achieve before the November Testing:
GOAL 1: _____ GOAL 2: _____
17. Check this one off if you achieve those goals!
18. Tell your sparring or 1 step partner "Good Job" at least twice this cycle.
19. Apologize to someone when you know you did or said something wrong.
20. (KIDS) I have turned in my Star Student Sheet.
20. (ADULTS) Help a fellow TaeKwonDo classmate with their form.

Madison Mershad's advise for students:

"When you are in class, give it all you've got!
If not, what are you doing?"

**I AM AN ULTIMATE LEADER!
ULMA!**

