



Cycle 2 2013

# STRENGTH

The Ability to control ourselves physically, mentally, & emotionally.

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.



## MISSIONS 1-5: MENTAL STRENGTH

These missions are focused on demonstrating leadership at the academy. You earn 10 points for each completed mission:

POINTS:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

MISSIONS:

1. I DID NOT try to finish all of the missions at the end of the cycle just to get my stripe, nor did I just check them all off without actually completing them.
2. At least one time, on purpose, when you notice that you are getting angry, decide to control yourself.
3. I CAN TIE MY OWN BELT!
4. Break a bad habit or create a good habit.
5. (top of this page) Strength-The ability to control ourselves \_\_\_\_\_,

\_\_\_\_\_ & \_\_\_\_\_.

## MISSIONS 6-10: PHYSICAL STRENGTH: PART 2

These missions are focused on your example to others. You earn 10 points for each completed mission:

POINTS:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

MISSIONS:

6. When I stretch in class this cycle, I will focus on improving my flexibility.
7. Stay after class 1 time for 2-3 minutes to practice better balance for kicks.
8. Do an outside workout by yourself or with a friend/parent.
9. Train in at least 2 classes per week (on average) equaling 18 or more classes!
10. Find out how many push ups you can do without stopping

**A person who stands for nothing will fall for everything... BE STRONG!**



**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

**100-150 POINTS**

**LEADER**

Student Earns 2 Red Stars

**50-90 POINTS**

**FUTURE LEADER**

Student Earns 1 Red Star

Student Name

Parent Signature (for Juniors)

Student Signature

MY TOTAL POINTS

# ULTIMATE Mrs. LEADER Jennifer PROFILE: Mershad



Jennifer Mershad is a Martial Artist to the core. Not only does she excel at the kicking and punching aspect of her training, but she embodies the spirit of a warrior. Having trained for 15 years, Mrs. Mershad is has held several titles for competition in Forms, Sparring, and X-Treme Forms. Her training philosophy centers around setting detailed goals and diligently working hard and training with focus in order to achieve those goals. Mrs. Mershad is already preparing for her 6th Degree masters presentation in June of 2016. It seems like a long way off, but this level of training takes a lot of dedication. Mrs. Mershad has taken on learning the Bo Staff as part of her training as well as running a marathon in preparation for her next rank. "With 15 years of training its easy to get distracted and lose focus on why I do Martial arts. The only way to avoid this for me has been to keep my goals focused & challenging!" Mrs. Mershad has faced many challenges through her career as a martial artist but has shown determination to see her journey continue. " My goal when I started TaekwonDo was to obtain the same rank as my instructor/ husband one day. That wont happen for many more years, so my journey is far from over"



## MISSIONS 11-15: EMOTIONAL STRENGTH

This mission is focused on being a strong person on the inside. You earn 10 points for each completed mission:

MISSION:

**THIS IS ON THE HONOR SYSTEM. GET 10 POINTS ANYTIME YOU/YOUR CHILD MAKES A WISE CHOICE AND/OR SHOWS SELF CONTROL. THIS COULD BE A GOOD FOOD CHOICE, SAYING NO TO SOMETHING BAD, STOPPING YOURSELF FROM SAYING SOMETHING BAD, ETC.**

POINTS: 11. \_\_\_\_\_ 12. \_\_\_\_\_ 13. \_\_\_\_\_ 14. \_\_\_\_\_ 15. \_\_\_\_\_

(This section is Required)

## MISSIONS 16-20: PHYSICAL STRENGTH: PART 2

This mission is focused on making your form an A+. You earn 10 points for each completed mission:

**THIS IS ON THE HONOR SYSTEM. GET 10 POINTS ANYTIME YOU/YOUR CHILD PRACTICES THEIR FORM AT HOME (ONCE YOU/THEY KNOW THE ENTIRE FORM)**

POINTS: 16. \_\_\_\_\_ 17. \_\_\_\_\_ 18. \_\_\_\_\_ 19. \_\_\_\_\_ 20. \_\_\_\_\_

(This section is Required)

**You Got This!**  
**BE ULTIMA STRONG!**