



jhoon rhee tae kwon do

Leadership Outline and Agreement

I. Black Belt Preparation

- A. Notebook: Start to finish and finalize.
- B. Prepare essay and speech, "What Jhoon Rhee Tae Kwon Do has done for me."

II. Normal Class Procedures and Protocol

- A. Sign up for a class.
 - 1. Red belts only 1 per week. Brown belts may sign up for 2 per week. Black Belts are unlimited.
 - 2. Sign up for a class online using Google Docs.
 - a. Please only reserve your spots one week at a time.
 - 3. Be early! (5-10 min before the class.)
 - 4. Afterwards, bring your card to any staff member.
 - a. Be prepared to answer the question, "What did you learn today?"
 - b. Remember, assisting with a class is 90% intellectual and 10% physical.
- B. Line-up: Location.
 - 1. Grey tapes in front of room, entryway to the mat, to the side of class.
 - 2. If students are late they need instructor permission to enter class.
- C. Warm-ups.
 - 1. Either in front mimicking instructor or watching to the side.
 - 2. Listen carefully to instructor. Some exercises ask the students to think.
- D. Lead by example!
 - 1. Make sure you are able to demonstrate.
 - a. If you're helping with a purple belt class, can you do a perfect belt stretch and 30 perfect pushups?

III. Helper Techniques to Practice (this will aid you in assisting with classes)

- A. Tie Belt.
- B. Kamsah Mirror Image.
- C. Learn students' left and right.

IV. Do's and Don'ts

- A. Responsibility.
 - 1. Call, leave a voicemail, or e-mail if you cannot make a class.
- B. Use *please* and "polite words."
- C. Touching.
- D. Discipline: When a student misbehaves in class.
- E. Age and size differences.
 - 1. Your age or younger.
 - 2. Your size and height or smaller.

V. Appearance and Body Language

- A. Wear full uniform, including current belt. This also applies during t-shirt season.
- B. Attention on class at all times.
- C. Watch your body language.
 - 1. No leaning, slouching.
 - 2. Never cross your arms.
- D. No chit-chat with other helpers.

I have reviewed the above outline with an instructor and understand the terms and procedures. I understand that failure to comply can result in a temporary suspension from the Leadership Program.

Signature (for ages 17 and under)

Date