



Leadership / STORM Program

Name: _____

Rank: _____

Age: _____ Birthday: _____

Students wishing to gain admittance to these programs must complete this application and return it to the office. The lead instructor team will review it, as well as the student's past performance in classes. Students will be contacted within a week as to the final decision. Students who are not accepted will receive an explanation as to which areas they need to improve upon.

Please do not apply for this program if you engage in activities which will consistently conflict with your ability to maintain the above standards. We only wish to invest our time in those who will take these responsibilities seriously and who wish to more fully develop their skill in the Martial Arts.

Leadership Program

- **Requirements:** Optional monthly meeting

This program is designed to allow students to develop leadership qualities, using the martial arts as a model. They will meet once per month with Master Caputo and learn about communication skills, motivating themselves and others, character development, and more. All of our paid staff began their journey towards becoming a Certified Instructor by participating in this program.

STORM (Student Team of Role Models)

- Attendance of monthly leadership meeting is **REQUIRED**

As a STORM member, students have the opportunity to take on a leadership role in their regular group classes. They will be expected to set a strong example both in and out of class. This means modeling proper behavior in the changing room, lobby, etc. They will be expected to have the ability to perform strong mechanics and fitness so they can demonstrate in class. A student participating in the program should be ready and willing to participate in drills and discussions during class.

Level I Instructor Training

- See Instructor Level Explanation sheet for more details

A teacher begins as a student. The best teachers know that they are always a student. They also understand the importance of listening to their students so that they can discover the best way to teach them.

The Level One Workbook will help you develop your listening muscles. These skills will serve as the foundation for each additional level. Developing a "Listening Mind" is the doorway to becoming a great teacher. When you have strengthened your listening mind to the point where it is an essential part of who you are, you will be well on your way to becoming a master teacher.

Application

Please answer the following questions honestly and to the best of your ability.

1. Do you consistently attend your two group classes per week? **YES NO**
If not, what prevents you from coming to class regularly?

2. How on time are you for class?
- I almost always get to class 5-10 minutes early
 - I arrive in time to line up with the class
 - I usually come in as my class is bowing in
 - I usually arrive during warm-ups or stretches

3. Do you wear your belt and proper uniform to class? **YES NO**

4. Are you able to keep your uniform and belt on properly for the entire class? **YES NO**

5. Are you willing to support Community Connection events whenever possible?

- Yes!
- Yes, but I am very often busy on the weekends with other commitments
- I am not interested in the Community Connection Program

6. Have you competed in our spring tournament? **YES NO** Would you in the future? **YES NO**

7. How many CORRECT push-ups can you do in a row? _____ How many sit-ups? _____

8. How would you describe your knowledge of the art? How well can you *honestly* remember your forms and combinations without any help?

9. What level of effort and discipline do you show in classes? How strong is your work ethic?

10. How would you expect a Leadership/STORM member to act in classes?
