



Matt Randall's Black Belt Academies, Inc.

Community Service Projects for Belt Testing

At Matt Randall's Black Belt Academies we are dedicated to the idea that the leadership principles we teach in our classroom extend to the home, school, workplace, and community. To ensure that this happens we require each semester that our students use their leadership skills to help their communities by performing some form of community service.

Below is a list of the community service expectations for each belt rank. Our staff is always here to help you, so if you have any questions, please ask.

Beginners – Creating the spirit of Volunteerism

White, Orange, High Orange belts

Community service starts simple at the beginner level. All we ask is that you devote just 1 hour of volunteering each month for a worthy project and you provide photos of you in action.

Ideas for volunteerism may include some activities you do already:

- Assisting at the local food pantry
- Visiting a nursing home or rehab
- Neighborhood clean-up projects
- Volunteer at a school, church, or local charity
- Be a Big Brother or Big Sister
- Bringing a buddy to class is also a community service and a sign of great leadership ability. Introduce someone new to martial arts.

Intermediates – It's about sharing knowledge

Yellow, High Yellow, Green, High Green belts

By now you are improving in your leadership skills and physical skills. It's time to share your knowledge of the martial arts or other skills you have. What we ask for intermediates is that you organize a free event that will benefit the community in some meaningful way. Use your own skills or tap into ours. We teach many free community service programs, all you need to do contact the right people to help set it up.

Ideas may include:

- Host a Bully Buster, Stranger Danger, or Women's Personal Protection class at school, work, or for a local organization.
- Invite your instructor to visit your classroom for a fun seminar on Discipline, Confidence, and Focus to improve grades.
- Talk to your PTO about an After School Martial Arts Program.
- Do you know of a function where our Demonstration Team can perform?
- Probably the most fun – have a party at the academy for 10 or more of your best friends.
- Another way you can reach out to the community is by submitting a video testimonial.

Advanced – Developing real leadership skills

Blue, High Blue, Red, High Red belts

Have you ever heard someone say "Put your money where your mouth is"? Well real leadership combines your spirit of volunteerism with your ability to organize and influence. How do we measure your success? Let's create a tangible goal and reach it. Fundraising is one of the best ways to measure all these Leadership skills.

Ideas may include:

- Organize a fundraiser for the PTO, a local charity, a national charity, or another group.
- Join a walk-a-thon or road race.
- Our instructors are always active in raising money for a good cause. Ask how you can join them on a project.

You choose the project and the charity, but here are the goals to be met:

- Blue to High Blue Belt – raise at least \$100
- High Blue to Red Belt – raise at least \$200
- Red to High Red Belt – raise at least \$300
- High Red to Recommended – raise at least \$500
- Recommended to First Dan test – spend your time training for the exam.

NOTE: These goals can be reached in dollars or equivalent value of items collected.

No, we do not want or expect you to donate the money yourself...that wouldn't show off your leadership skills. We expect that you will organize a project through to completion. Ask your instructor for help and ideas.

Black Belts – Giving Back

For black belts testing from one degree to the next, you are the top of the heap and the lower belts can really benefit from your experience. So, the objective for your community service is to help those coming up the ranks by assisting in classes or mentoring degree candidates. Talk with your Chief Instructor about availability. Make sure you keep a log of the hours, complete with the subject matter and student's names.

- First to Second Degree – at least 50 hours
- Second to Third Degree – at least 100 hours