

**Matt Randall's Black Belt Academies, Inc.**

Name: \_\_\_\_\_ Date: \_\_\_/\_\_\_/\_\_\_

**Yellow Stripe Requirement for Children 12-under**

When outside of the academy, students must demonstrate the leadership traits of respect, discipline, self-esteem, honesty, belief, and communication. They will earn you a yellow stripe on your belt. Juniors (ages 12-under) must submit a written note from parents to earn this stripe. Just fill out the form below.

This form is due by the end of the first week of the new testing cycle in order to achieve the next rank.

**Parent's recommendation for Yellow Stripe.**

Please write three examples of how your child has demonstrated his/her life skills at home or school.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

This is to recognize and find something positive that is already going on. We are not trying to create an expectation of perfection, but an awareness of the greatness we want to see continue.

**Matt Randall's Black Belt Academies, Inc.**

Name: \_\_\_\_\_ Date: \_\_\_/\_\_\_/\_\_\_

**Yellow Stripe Requirement for Teens and Adults**

Leaders set goals and take action.

As part of my training in the martial arts and leadership development, I will learn to set and achieve three goals this semester. I will present this completed goal sheet to my instructor by the second week of the semester and accomplish all three goals by the eighth week. This is a commitment I make to myself and my instructor, not simply because it is required for testing, but because my goal is to be a black belt leader at home, work, school, and in the community.

**Martial arts goal** – What is one technique I will focus on improving this semester in my personal training?

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

**Personal goal** – What is one goal I will accomplish that will improve my character, life, relationships, or health?

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

**School or Career goal** – What is one goal I will achieve this semester to make me a better student or improve my career?

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

*Thanks for taking an important step in your leadership development – setting goals and taking action. Make a copy for yourself and put it in a place where you will see it every day to keep your goals at the forefront of your consciousness. Every day take some action toward achieving your goals and you will be a black belt leader in all areas of your life.*

*Master Randall*