

Black Belt



EXCELLENCE

RED DRAGON'S S.T.A.R.S. Report



Everyone wants to be a **Black Belt**, or be **the best** at something. -BUT not everyone knows exactly how to get there. Some people will say- “that was lucky” however, being the best or reaching the top takes much more than luck. It takes inspiration, persistence, and focus. At Red Dragon we have the secret formula for creating Black Belts, leaders, and champions, it’s the main ingredient shared by today’s best and brightest. It’s called “**P4**”. Use this proven system and you will be on your way to Black Belt success in anything you choose!

PRE-PLAN.

Week 1- Set goals. Devise strategies. Set a course of action and most important WRITE IT DOWN. The only way you can reach the top is to have a clear picture of the path that leads to it. Putting your goals in writing adds commitment and sets it in your mind. Pre-planning takes a little time. It’s all right. A good plan is the first step up the ladder of success.

PRACTICE.

Week 2- Now, that you’ve got your plan, your next step is to work on it. Practice, practice, practice. No one becomes a champion overnight. Not even in ten overnights! It takes months of serious training, and dedicated practice. Keep in mind the saying “Practice doesn’t make perfect. *Perfect practice makes perfect.*” In other words, there’s no sense practicing something with half your effort or energy. Give it everything you’ve got every time you do it!

PERFECT.

Week 3- This is something that goes beyond practice. This P is shooting for perfection. Some call it fine-tuning. After you’ve practiced long and hard to learn, understand, and rationalize the techniques and skills... after you’ve done it a hundred, a thousand times... after you’ve acquired “muscle memory” and you can actually do it with your eyes closed... it’s then time to cross the line to perfection. Do not stop practicing until the motion becomes flawless. Until you can do it flawlessly, every time. Think about magicians who do amazing card tricks using sleight-of-hand. They start learning a trick in slow motion, and practice until they can perform it faster and smoother. And when they can do it flawlessly with their eyes closed, every time, they move on to perfecting the move until they become confident enough to...

PERFORM.

Week 4- This is the moment that will tell you that you have succeeded. Everything you planned, practiced, and perfected, will find fulfillment during the performance. Show your mastery – your skill. Let other people marvel at your specialty. Make them appreciate your effort and excellence in the task you have chosen. You step up to the plate, you come up the stage, or you face your fears at a tournament or a final exam, and with full confidence and mastery of skill, you give it all you’ve got. Just as you’ve planned it, exactly as you’ve visualized it, smooth move from start to finish and you deliver it flawlessly. The mark of a winner and true champion is when every performance becomes an opportunity to practice, and become even better. Champions will continue to win because they are someone who doesn’t quit and they are the people who give it their best every time, all the time!

Complete these assignments each week- being honest is a CHAMPIONS quality

Think of something you would like to achieve or accomplish. Describe the steps you will take to get there.

Pre-planning: Write down a couple of your goals and the action steps to get there. Come up with a time to complete that goal. *Example: My Goal- **Black Belt**. Expected Test Date- **November 2013** Action Step- be at all my classes, study my student manual, practice like a champion.*

1. My Goal(s): _____
2. My Action step(s): _____
3. I'll reach my goal(s) on: _____

Practicing: Write down changes you notice about YOU as you practice this month.

1. In one week: _____
2. In two weeks: _____
3. In one month: _____

Perfecting: Expect nothing less than the best from yourself and the results will be amazing! Always play full out! Write down how you feel about your accomplishments at this stage.

1. I Feel: _____
2. I'm Getting: _____
3. I Know: _____

Perform: You have made it and are on the way to your goal! Be confident, be proud and share your experiences with others. Your example will make a difference! Check off your SUCCESS Steps!

1. I got these grades in school or on my Final EXAM : A ___ B ___ C ___ / 5 ___ 4 ___ 3 ___
2. I competed at the tournament: YES [] No []
3. I am prepared, qualified and ready for Belt GRADUATION: YES [] No []

Student Name (*first & last*) _____

By signing below I certify that my child has completed the Red Dragon life skills homework. They are ready for BELT GRADUATION!

Parent Signature _____

DATE _____