



What is the ‘MPK Leadership Team’?

Leadership Team is for students looking to get more from their martial arts training. There is an emphasis on leadership qualities, weapons training, and other skills not covered in the regular rotating curriculum. Leadership team is a 4-month rotation.

The goals of Leadership Team are to build strong leaders and provide students more depth in training such as: board breaking, weapons training, and kick boxing skills.

■ Requirements for joining

Gold Belts and higher, 10 years old to adult.

Team members test every 4 months on the Leadership skills they have been learning.

Junior Black Belts will use Leadership Team to earn their 1st Degree Black Belt.

NOTE: If you are under 10 years old, you may still be eligible. You must be a Green Belt or higher, and at least 8 years old.

■ Your Commitment

Leadership Team is a 4-month rotation, with testing at the end of the rotation.

Cost of participation is \$65 — which breaks down to about \$2.00 per class.

Team members must continue to attend their regular classes in addition to their Leadership Team classes.

■ Equipment needed for training:

To participate in Leadership classes, students will, at some point, need specific training equipment. Some examples are: martial arts weapons (bo staff, nunchaku), training gloves, focus mitts, and Leadership Team uniform (optional).

■ Training times

All students have 2 classes per week to train during the rotation.

One class will be age specific. This class will meet once during the week.

Students ages 8-13 are titled “Junior Leadership Team”.

Students ages 14-adult are titled “Leadership Team”.

One class for all Leadership Team members is held on Saturday mornings.

If you would like to join this fun and exiting program, or if you have any questions, please see Mr. Armstrong. *Online enrollment available.*