

This manual belongs to: \_\_\_\_\_

# ***SHEPHERD-WARRIOR MARTIAL ARTS***



## Chi-Tu Do Student Handbook

For students in the Junior/Senior Program

## Table of Contents

Letter from Master Forleo

Introduction

Opening Thoughts

Our Mission

Chi-Tu Do Philosophy

History & Lineage of Chi-Tu Do

Chi-Tu Do Guidelines

Chi-Tu Do Code of Conduct

Chi-Tu Do Student Etiquette

Chi-Tu Do Uniform Standards

How to Tie Your Belt

Description of Jr-Sr Belt System and Explanation of Curriculum

Character Building

Overview

January -	Focus
February -	Discipline
March -	Courage
April -	Perseverance
May -	Courtesy
June -	Patience
July -	Determination
August -	Confidence
September -	Respect
October -	Self-Control
November -	Cooperation
December -	Excellence

Supplemental Information

To Memorize: The 10 Commandments / The Beatitudes / The Bill of Rights

Sign & Return

Student Pledge

Student Etiquette Confirmation

Dear Student,

Thank you for choosing Shepherd-Warrior Martial Arts. It is an honor and a privilege for us to be your chosen martial arts school. I believe that God has brought us together for a purpose. We look forward to working with you and helping you achieve your goals. It is our desire that you have a positive and uplifting experience every time you come to class. If there is anything that we can do better in this regard, please let us know. Your feedback and comments are very important to us.

As you probably know by now, Chi-Tu Do is a martial art taught from a Christian perspective and with a Christian philosophy. So in practicing this martial art properly, it must be understood that the art is tempered by our faith in Christ. We are not teaching this art so you can be the ultimate fighting machine. The practice and use of the martial arts should always be filtered, first, through Jesus' commands to love God with all that we are and all that we have, and to love people (and lay down one's life for his/her friends). Second, it should also be filtered through Christian principle of the "Golden Rule," that you would not do to someone else (even an attacker) what you would not want to have done unto you. God is just, but He is also merciful.

We teach this art so that you can learn how to appropriate its principles so that you can become a better person, a better citizen and a better Christian; one that would be a benefit to your family, friends, and to the community.

In His service,

A handwritten signature in black ink, appearing to read 'D Forleo', with a stylized, cursive script.

Dennis Forleo  
7<sup>th</sup> Degree Black Belt  
Owner/Senior Master Instructor

# Introduction

## Opening Thoughts

Before making the commitment to a martial arts education, we feel it is important that you understand the responsibilities involved, both ours as well as yours. You will find it helpful to familiarize yourself with the information in this manual. We believe that if you thoroughly understand the requirements, you will be able to more effectively work towards accomplishing the goals you have set for yourself as well as meeting the required standards. At Shepherd-Warrior Martial Arts, we believe that communication is the key. If we work hard to maintain good communication, then we will have a great, long lasting relationship. If at any time during your training you have questions or comments, we encourage you to express them to us without hesitation. We are open to your feedback and need to know how to best serve your needs.

### Our Vision:

We are Shepherd-Warriors.  
We exist to love and care for  
our families and our students;  
to serve and protect them,  
to lead and guide them,  
to lay down our lives for them,  
to teach them the heart  
and train them in the way  
of the Shepherd-Warrior.

### Our Values:

Love  
Integrity  
Unity  
Growth  
Quality  
Accountability

## Chi-Tu Do Philosophy

Chi-Tu Do means “the way of the Anointed One” or “the Christian martial way.” It is founded on the principles of the Bible, God’s inspired word and our instructional guide for life. Among the many character traits of God we see in Exodus 15:3 that “The Lord is a warrior, YHWH is His name.” Throughout the Bible we can read of the exploits of men trained in martial arts. The book of Judges (Ch. 13-16) records the life of Samson, a mighty man of God who killed 1,000 Philistines with the jawbone of a donkey and brought down a temple with his bare hands.

1 Chronicles 10 and 11 describe King David’s mighty men of valor and their exploits. Jashobeam and Abishai each killed 300 men in one battle with only a spear (v. 11, 20). Benaiah, using only a staff, fought a seven and a half foot tall Egyptian armed with a spear (v. 23). David himself claimed to be trained by God. He sings praise in Psalm 144:1 when he says, “Blessed be YHWH, my rock, who teaches my hands to war and my fingers to fight.” In the New Testament, we see even Jesus told his disciples, “and he that hath no sword, let him sell his garment and buy one” (Luke 22:36). God has made it clear that there is nothing wrong with self-defense or being prepared. From the Christian perspective, it is a person’s duty to defend himself or his loved ones from unprovoked physical attack.

The word “martial” means warlike or relating to war. This is where we get the word military. In Chi-Tu Do, we embrace many of the same principles our military does in training men and women. Values such as **discipline, self-control, integrity, honor, respect, courage, enthusiasm, and confidence** are the backbone of this system. Although these values can be taught in a secular environment, we believe that they can be more deeply and fully taught from a Biblical perspective. We believe these are also profoundly Biblical values and that their evidence in our lives is an outward sign of our faith in Jesus Christ.

Jesus Christ is the focus of Chi-Tu Do. The Bible tells us to train up our children in the way they should go (Prov 22:6) and to bring them up in the training and admonition of the Lord (Eph 6:4). We believe that training in Christian values is good for adults as well as children. We train our bodies as the temple of the Holy Ghost (1 Cor 6:19), our minds as the mind of Christ (1 Cor 2:16) and our spirit to be able to stand against spiritual warfare we encounter (2 Cor 10:3-6). Chi-Tu Do training is more than learning movements and techniques; it is about glorifying God with everything we are and learning to be more like Him.

The essence of our values can be summed up in the **Chi-Tu Do Warriors Code**:

**To live a life of honor, embracing my duty to God, family, and my fellow man; upholding justice and mercy with courage and humility.**

## History & Lineage of Chi-Tu Do

**Grandmaster Cunnings (8<sup>th</sup> Degree)** – Brian Cunnings began training in Kwon Bup in Fresno, California in 1972. Taken from the traditional classes and put in the full contact kickboxing team, he competed in many PKA and full contact matches where Da'Shifu Al Moore Jr. took an interest in his training. Shortly thereafter he began training with Moore in Shoú Shú (pronounced Show Shoe) Kung Fu and attained a Black Belt in that style. In the early 1980s, as a pastor on a trip to Korea, he met fellow-minister and evangelist, Grandmaster Edward B. Sell and began cross-training in the Chung Do Kwan style of Taekwondo. Mr. Cunnings opened a Taekwondo school in Oakhurst, California in 1985 as a 3<sup>rd</sup> Degree Black Belt. His school was also housed at his church for several years throughout the 80s & 90s. In the early 1990s he successfully tested for 6<sup>th</sup> Degree Black Belt in that style. In the late 1980s, while still training in Taekwondo, then Master Cunnings met and began working with Soke Clement Riedner in both the Shiho Karano Ju Jitsu and Ba Men Chuan Fa martial art systems. He has since attained a 5<sup>th</sup> Dan in Ju Jitsu and a 6<sup>th</sup> Dan in Ba Men Chuan Fa. Also in the 80s, he met and began training with Grand Master Ramiro U. Estalilla Jr. in the Estalilla Kabaroan system of the Filipino Weapons Arts. Apo Cunnings has reached the Associate Grandmaster (8<sup>th</sup> Degree) level in that system. He also worked as a Deputy Sheriff for many years and was the Head Defensive Tactics Instructor for his local County Sheriff's Dept. He has also received extensive training in tactical firearms and is an instructor for law enforcement.



In the middle of the 1990s, after achieving his Master's Degree (and beyond) in each of the individual styles, he decided to incorporate his knowledge of these 4 styles into one integrated system. This was the birth of Chi-Tu Do. The style is formally recognized by both Soke Riedner and GM Estalilla as a valid martial arts system. In 2000, Master Cunnings was promoted to the rank of 7<sup>th</sup> Degree Black belt and recognized as an Associate Grandmaster in Kabaroan Eskrima. In August of 2011, he was recognized as an 8<sup>th</sup> Degree Black Belt by Soke Riedner and now uses the title of Grandmaster. He also goes by the term "Apo" which simply means Uncle. Apo is still a pastor and evangelist and lives in Coarsegold, California. He has 2 sons, Bonner & Brent, and numerous grandchildren. He is also an author, writing *God is a Warrior; I am a Warrior* in 2013. You can view and purchase the book on the Amazon.com website. Apo believes that *Psalm 144:1 & 2* is the foundation and heart of the CTD system.



***Kung Fu***



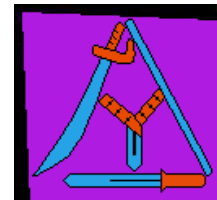
***Taekwondo***



***Ju Jitsu***



***Eskrima***



**Senior Master Dennis Forleo** – Beginning in 1985, when he was just 9 years old, Dennis Forleo sought out training in the martial arts to combat school bullying. Naturally, when he realized that his church's pastor, Brian Cunnings, was going to be opening a Taekwondo school, he wanted to enroll. He began in the fall of 1985 and reached a Junior Black Belt level in February of 1987, on his 11<sup>th</sup> birthday. He continued to train in Taekwondo and successfully tested for 4<sup>th</sup> Degree Black Belt (Associate Master) in Chung Do Kwan in May of 2000. He also began to learn some of the other styles (Shiho Karano Ju Jitsu and Kabaroan Eskrima) during the late 1990s as Apo Cunnings was launching the newly formed Chi-Tu Do system. He moved to Billings, Montana in June of 2000 and began teaching his friends in his basement in 2002. He also began learning Brazilian Jiu Jitsu just before he left California, but continued to train in Billings. He holds a Blue Belt in that style. Master Forleo opened Billings Chi-Tu Do in July of 2003 in West Park Plaza. Since his move to Billings, he has trained directly with GM Estalilla and Soke Riedner numerous times and has achieved a 5<sup>th</sup> Dan in Shiho Karano Ju Jitsu, is an Advanced Apprentice Instructor of Tai Chi in the Ba Men system, and in 2013 he was promoted to Associate Grandmaster (8<sup>th</sup> Degree) in Kabaroan Eskrima by GM Estalilla. In January 2017, he successfully tested for black belt in Krav Maga. On February 25<sup>th</sup>, 2017, he was promoted to 7<sup>th</sup> Degree Black Belt in Chi-Tu Do by GM Cunnings and given the title of Senior Master.

**Regarding each “modern” style:**

**Taekwondo** – a Korean martial art which specializes in kicking and striking whose modern versions developed throughout the 1940s, 50s & 60s by various Korean Generals. “Tae” means to strike with the foot; “Kwon” means to strike with the hand; and “Do” means the way, method, or path. So, loosely translated, Taekwondo means the way of kicking and striking. Chung Do Kwan, meaning Great Blue Wave, is one of the 9 originally recognized styles of the World Taekwondo Federation at its beginning in 1973. For more information and a timeline about the development of the U.S. Chung Do Kwan Association and the history regarding the late Edward B. Sell or his wife GM Brenda, go to, [www.uscdka.com/about-uscdka](http://www.uscdka.com/about-uscdka).

**Ba Men Chuan Fa (Kung Fu)** – a Chinese martial art meaning “8 Gates Fist Way” given to Soke Riedner by Dr. Andrew P. Tamper for the continued development of the Chinese connection between other martial arts techniques and Tai Chi. The martial applications of Ba Men Chuan Fa revolve around the application of the 8 gates to a combative situation. The primary goals of Ba Men are not to see how many forms the student can learn, but rather how the student can apply the principles of breath and Chi flow to his arts as well as personal health. For more information regarding the development of Ba Men Chuan Fa and the history of Soke Riedner, go to <http://www.christianblackbeltassoc.org/BaMen.htm>.

**Shiho Karano Ju Jitsu** – meaning “Circle of Readiness” or “4 Way Defense,” this art, developed by Soke Riedner, was born out of his early training in Hakkoryu Ju Jitsu in Japan in the 1960s but modified to reflect Soke's Christian belief system. The style is organized around 4 basic categories, or directions – Basic Principles & Techniques (stance, footwork, blocking, striking, escaping), Throwing, Wrist Bends and Black Belt Principles (fine points). This art includes principles of Judo and Aiki-Jitsu as well as influences from Chin-Na. While the Shiho Karano system uses the traditional Japanese terminology for its techniques, in Chi-Tu Do we use more of the Aikido terminology for these same techniques. You can go to <http://www.christianblackbeltassoc.org/styles.htm> for info about Soke Riedner and Shiho Karano Ryu.

**Estalilla Kabaroan Eskrima** – with its roots in the Philippines, Kabaroan, which means “Art of the Barons,” has been taught to us by GM Ramiro U. Estalilla Jr., DMA. Kabaroan uses a cross-section of the Filipino arts to teach techniques and concepts using single, double and compound weaponry. Founded in 1921, Estalilla Kabaroan (known for its use of larger, heavier weapons, as opposed to the smaller, shorter sticks of Kali or Arnis) utilizes exercises/forms/katas, sinawali patterns and disarming techniques. The art is taught within the context of Philippine history and culture with a mind toward Humanizing (not animalizing) the art, Civilizing (not barbarizing) the artist and Refining the system. Estalilla is a Christian minister and emphasizes the Golden Rule when training. He has taught at Fresno City College since 1982.



# Shepherd-Warrior Martial Arts Code of Conduct

We take great pride in our school and the quality of student we produce. We have designed these guidelines to help you get the most out of your training. You are expected to maintain the following standards of conduct in class:

## Respect & Courtesy:

Showing respect and courtesy to others is our standard of behavior whether on or off the training floor. The more you give, the more you get. While training, you should always show respect and courtesy to all other students and instructors. While at home, you are expected to be respectful and courteous to your family as well. During class, your patience will be tested; don't lose it. Always maintain self-control, discipline and respect.

## Appearance:

Be dressed in appropriate attire to practice. Personal hygiene is a must. Fingernails and toenails must be kept short and clean. Remember the "4 C's":

- 1.) Clean Body – Good personal hygiene.
- 2.) Clean Mind – Think no evil thoughts.
- 3.) Clean Heart – Keep your intentions pure.
- 4.) Clean Spirit – Be sincere in your actions.

## Attendance & Practice at Home:

- 1.) Within your first year, we expect you to make at least 80% of your classes.
- 2.) Our goal is to get you to execute with speed and power without having to think about it. That won't happen without your focused effort and practice at home.

## Mindset:

Take your training seriously. Have fun, but give 100% effort in everything you do. When you are in class, be in an appropriate mindset to practice. Remember the reason(s) you are here.

The following behaviors will result in disciplinary action:

- 1.) Use of foul or abusive language in class.
- 2.) The use of tobacco or alcoholic beverages products prior to, or during class.
- 3.) The use, transport, or possession of any illegal drug or substance in or out of class.
- 4.) Any kind of intimidation, abuse or harassment of any individual in or out of class.
- 5.) Physical damage or theft of personal belongings in the training area.
- 6.) Other conduct which the instructor may deem inappropriate (see the X rule below)

Discipline may come in the form of one or more of the following:

- 1.) Verbal warning – student will be reminded that behavior is not acceptable.
- 2.) Physical punishment – extra pushups, sit-ups, squat kicks, etc.
- 3.) Temporary removal from class – the instructor may have them sit out for a time or have them go home for the night.
- 4.) Suspension from class – student must leave and will not be allowed to return without instructor approval.
- 5.) Permanent removal from class – student must leave and will not be welcome to continue training.

## The X rule:

X in mathematics is the symbol for the unknown. The X rule states that if a situation arises that is not mentioned in the rules, the instructor, at his/her sole discretion, will have the right to determine if the situation will be tolerated and the consequences for the situation.

# Chi-Tu Do Student Etiquette

## **Personal Appearance:**

The Chi-Tu Do student should be clean and neat at all times. The uniform should be clean and neat, patches neatly sewn on, belt hung evenly, hands and feet clean, finger and toe nails always neatly trimmed and clean. Men's facial hair (mustache/beard/etc.) is to be kept neat and trimmed. Long hair is to be securely pulled back away from the eyes. No watches or other jewelry will be worn during practice (with the exceptions of a wedding ring and/or a medical ID). At the beginning of class the instructor may perform an inspection of the students to insure cleanliness and safety.

## **Training Area Appearance:**

The training area should always be neat and clean. This means that upon arriving for class if there is set up or clean up to be done, each student should automatically assume it upon himself or herself to get it done. Your help here demonstrates leadership and pride in your school

## **General Protocol:**

- Christian Martial Artists should never forget that they primarily represent their Lord, Jesus Christ, then their family and their school and instructor.
- Each Christian Martial Artist should exhibit self-control both inside and outside of their training area.
- Always, and in all things "Do all to the glory of Jesus Christ." Yield your heart unto Him and be disciplined to a strong personal devotional life of reading your Bible, and seeking to genuinely walk with God.

## **Training Area Protocol:**

- Each student should always salute in respect to the training area upon entering and leaving the training floor.
  - Shoes should be removed before stepping onto the training floor. There are bins to temporarily store shoes at the front of the studio. There are several reasons for this:
    - i. To keep the mats cleaner.
    - ii. To prevent injuries while practicing Chi-Tu Do.
    - iii. To create better body balance and improve coordination.
- \*\*NOTE\*\*** Special training shoes (shoes that are not worn elsewhere) may be worn with instructor approval.
- Prior to the beginning of class, students are expected to warm up on their own or practice their material quietly. No loud talking or horseplay is allowed in the training area. Our school is a place where respect and self-control are always observed.
  - Each student's attitude should be one of respect and enthusiastic and attentive willingness to learn. When it comes to lining up, doing what is told by an instructor, participating in class actions, etc., students should always RUN.
  - When lining up by rank, the line-up should be the highest ranked students beginning on the instructor's left forming to the instructor's right.
  - When any upper ranked (4th Degree and up) Black Belt enters the class while in session, the first student or instructor who sees them should call the class to attention and lead them

to salute in respect, then continue with the class. The senior instructor present should turn the class over to a junior instructor and personally greet the guest, before returning to teaching the class.

- When arriving after a class has already begun, the student should wait at the edge of the training area until acknowledged by the instructor and instructed to enter the class formation for training. No student should assume he or she may enter without permission.
- When any instructor communicates with a student, the student should stand at attention and answer with "Yes Sir", or "No Sir" (or Ma'am), never with "yeah," "nah," or "uh huh," etc. When being addressed by anyone with an higher ranked belt, stand at attention and answer with a sharp "Sir" (or Ma'am).
- When addressing any instructor in the studio always use their last name and Mr., Miss., Mrs., Master, Grandmaster, Soke, Dr., etc.
- During class, it is respectful to address all participating students as "Sir" or "Ma'am" when speaking, or when spoken to, regardless of their rank.
- To ask a question of the instructor, the student should first raise their hand and await recognition by the instructor. Then, after addressing the instructor in the appropriate manner (saluting and saying Sir or Ma'am), the student should ask their question. After receiving a response, the student should then thank the instructor and salute.
- Students should be in proper uniform when on the training floor. On Monday and Tuesday classes, you should wear your "A" uniform, which consists of your uniform jacket, pants and your belt. Other days of the week, you may wear the "B" uniform, which is an SWMA T-shirt, your uniform pants and belt. Female students are required to wear a T-shirt underneath the uniform jacket. It is requested that the T-shirt be the same color as either your belt or your jacket or an approved club T-shirt. Students should be in their "A" uniform at all events in which they are testing for either a stripe or new belt.
- A student may wear their uniform to and from class. Always leave your belt on when in uniform. You should not wear your uniform anywhere else other than in class or in transit to or from class, unless you are practicing or are a part of a demonstration. It is not a Halloween costume or play thing.
- If you must retie your belt or adjust your uniform during class, never face your instructor. Instead, turn around and face in the opposite direction to retie your belt or adjust your uniform.
- Students may not lean on the walls or touch the mirrors unless directed to do so by the instructor. Students who touch the mirrors may be required to clean them.
- Do not enter or leave the floor during training/class without permission from the instructor.
- There will be no chewing of gum on the training floor.
- Never wash your belt.
- Bring any problems that could interfere with your learning to the attention of your instructor.
- If you are injured *in any way* during class, notify the instructor immediately.
- When the instructor is teaching a class, show respect by not talking when he or she is demonstrating or explaining something.
- While seated on the floor, students should keep proper posture. There are three acceptable positions to sit: kneeling, cross-legged, or cross-legged with arms wrapped around knees.

- Do all exercises to the best of your ability. Students are expected to train hard both at the studio and at home and to be disciplined and cultivate a strong moral character.
- If you will not be attending a class, please notify the instructor prior to missing the class.
- If a student engages in sparring, it will be done under the supervision of an instructor to ensure safety. Safety gear ***must*** be worn to spar. Required safety gear includes a helmet and mouthpiece, gloves, boots and a groin protector (for men). Shin pads are optional, but highly recommended. Safety gear is always available for purchase in the pro shop.
- Visitors are always welcome, if they abide by our rules. You are responsible for your guests and their behavior.
- Always show courtesy and respect to all those present in the studio. Proper respect will be shown to all ranks.

#### **Outside the Training Area Protocol:**

- Fighting is not self-defense, and self-defense is not fighting. The physical skills we teach in class are not to be used unless you are in a life-threatening situation. Someone trying to hurt your feelings or make fun of you is not threatening your life. There are other, better alternatives for dealing with bullies.
- If you are in a bullying situation, please come talk to your instructors. We have all been in the same position before and can give you some tips on how to deal with it effectively. We also periodically teach a class called Stop Bullies FAST that will give you the tools to deal with bullying and teach you how to get them to leave you alone.
- Fighting is always prohibited unless it is in a self-defense situation. First to strike in life threatening situation is one thing, however to begin a fight or to engage in behavior that leads to a fight is entirely another. Anyone who engages in this sort of misconduct or anyone who misuses their knowledge, who shows a lack of self-control, who shows a lack of respect towards an instructor, their fellow students, or the school, may be terminated from Shepherd-Warrior Martial Arts without refund.

# CHI-TU DO STUDENT UNIFORM CODE

The following standards are hereby adopted by Shepherd-Warrior Martial Arts as the Uniform Code for all Chi-Tu Do students. Since the word *uniform* means – consistent, standardized, identical in appearance, it would make sense that students wearing their training uniform should look...well, uniform. The jacket and pants should be kept neat, clean and wrinkle free when worn in class. The following are examples of the uniform we use and the placement of the patches that you can earn by completing your character sheets or by memorizing things.

The Training Uniform  
consists of 3 parts:

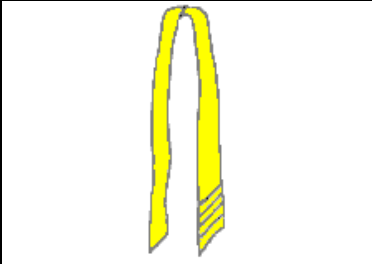

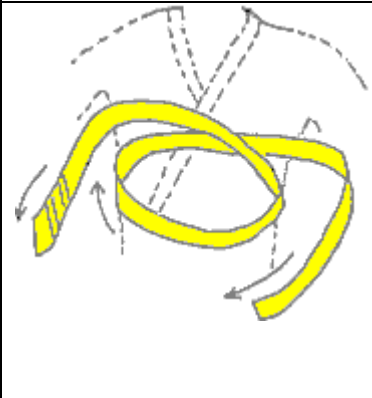
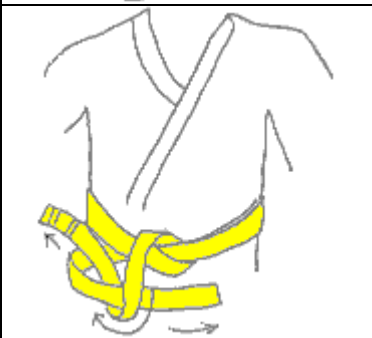

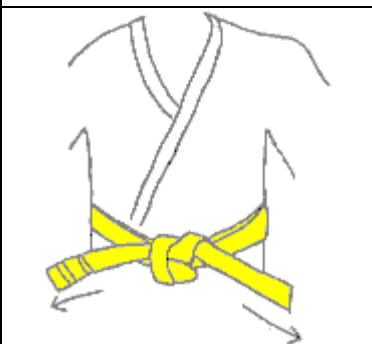
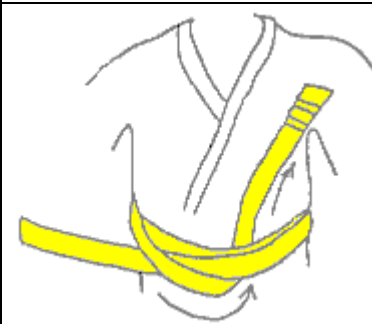


- A. *The Jacket*
- B. *The Belt*
- C. *The Pants*

## NOTES:

- You may get your name embroidered on your uniform if you wish.
- Though not shown, the pants match the color of the jacket.
- The jacket sleeves may be cut and hemmed to  $\frac{1}{2}$  or  $\frac{3}{4}$  sleeves or kept at full length at your preference.
- Note the uniformity of the placement of the patches. Yours should be applied in similar fashion. Later sections of this Handbook will tell you how you can earn each of these patches.
- Challenge Stars are placed on the right pant leg, below the knee.

## The Chi-Tu Do Student Uniform



	<b>1</b> - Hold belt at its center, ends even, with stripes (if you have them) on the left side.		<b>6</b> - Bring left (striped) end of belt down and over the front of the U
	<b>2</b> - Place center of belt on front center of jacket, about one inch below the naval. Wrap belt around your waist, crossing the right side over the left side at center of the back. Stripes will now be on your right side. Pull ends of belt forward and adjust so the ends are even.		<b>7</b> - Loop striped end under and up through the U shape to form a knot.
	<b>3</b> - Lay the right side of belt over the left side of belt across your middle. Stripes will now be on your left side.		<b>8</b> - Pull ends of belt outward to tighten knot. Stripes will be on your right side.
	<b>4</b> - Slide the left side of belt (striped side) under and behind all the belt layers. Stripes will still be on your left side.		<b>9</b> - Adjust knot so the ends of belt are even and hang neatly.
	<b>5</b> - Create a U with the non-striped end pointed to your left		

## How to Tie Your Belt

# K.I.C.K. Juniors & Seniors

## Description of Belt Levels and Curriculum

# Billings Chi-Tu Do

## K.I.C.K. Junior/Senior (5-8 year olds)

### Description of Belt System and Explanation of Curriculum

As in most martial art schools, we utilize a belt system, with its various colors and stripes, to help organize classes and provide feedback and motivation for our students. The colors of the horizontal stripes are indicative of a student's time in training. Throughout your child's training, they will progress through many different colors of stripes before becoming eligible to test into the Warrior Program. The progression of belt color stripes is as follows:

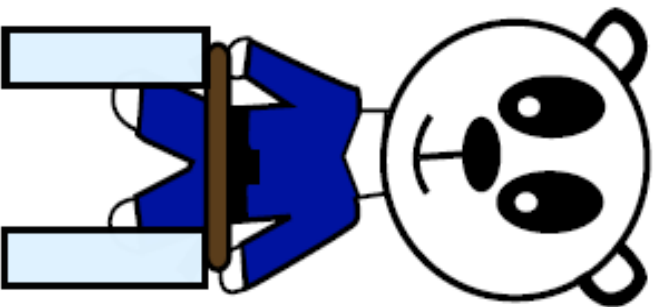
White  
Yellow Striped White  
Gold Striped White  
Orange Striped White  
Purple Striped White  
Green Striped White  
Blue Striped White  
Red Striped White  
Brown Striped White

Each of the belts above typically takes a minimum of 3 months to get to the next color. Each month, there is a stripe test wherein they can earn a stripe on the tip of their belt. They will need 4 stripes on their tip to then be eligible for their next color belt. To pass their stripe test, they will need to have attended *at least 5 classes* during the month, demonstrate the techniques learned in class, as well as recite their memorized verse from their Character Trait Sheet of the month (see next section). Testing happens during classes, typically on the last Wednesday and Thursday of the month. Keep an eye on the calendar located at the front of the studio for specific dates.

Often, younger students will go through some of these traits more than once. There is a higher level of expectation for those who are going through it for the second time. We expect them to be role models and good examples for the younger, or less experienced, students. When a student reaches either 9 years old or 24 months in the Jr/Sr class, they will be moved up to the Warrior class. Students may be moved earlier, depending on their maturity and readiness. If you think your child is ready to move up, make sure to have encouraging conversations with them about putting their whole effort into their training. Students who just "go through the motions" are not typically moved up to Warriors more quickly. We expect to see a *great attitude* and *outstanding effort* in every class if they want to move up. Your child's instructor will typically initiate a conversation with you when we feel they are ready to move up.

The following sheets are the monthly Character sheets that your child will be working on:





“Seek first the Kingdom of God and His righteousness, and all these things shall be added unto you.”

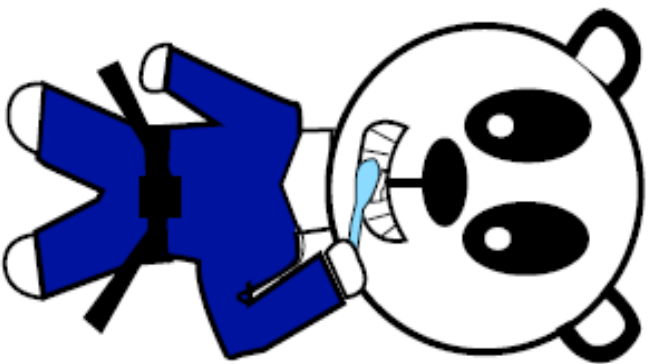
~ Matthew 6:33

# FOCUS

Concentrated effort or attention on a particular thing;  
To give your main attention to one thing; Clear vision.

*I WILL show Focus by:*

1. *Keeping my eyes on what is important.*
2. *Actively listening to others.*
3. *Eliminating distractions and things that might get me off track.*
4. *Learning to control my body's actions.*
5. *Learning to set goals and achieve them.*



“A fool despises his father’s instruction, but he who receives correction is prudent.” ~ Proverbs 15:5

# DISCIPLINE

The consistent use of rewards and punishments designed to teach and correct behavior; The ability to be consistent at a task or obligation.

*I WILL show Discipline by:*

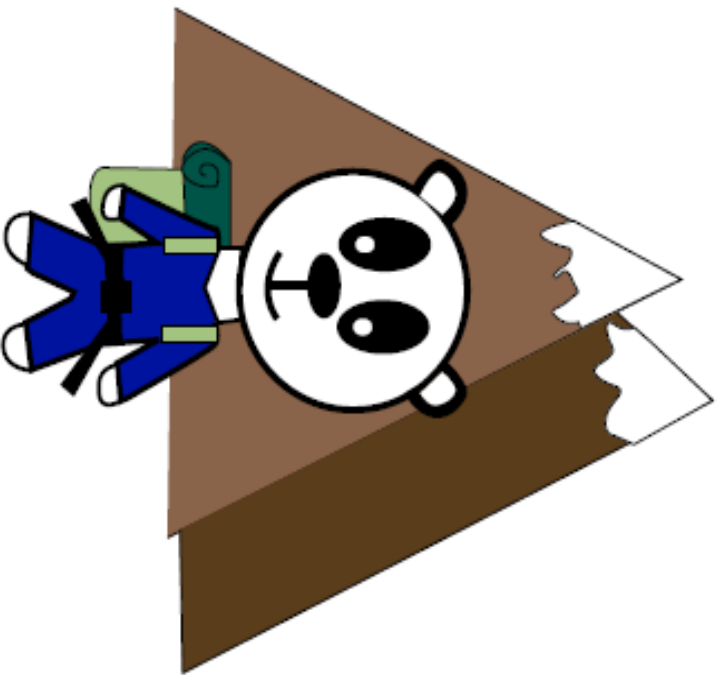
1. *Behaving in a calm and controlled way, even in a difficult or stressful situation.*
2. *Obeying my parents and authorities.*
3. *Following instructions.*
4. *Listening to and applying correction.*
5. *Learning from other people’s mistakes.*

# COURAGE

Being able to act in spite of  
the fear you feel;  
Not letting fear stop you from  
accomplishing your goals.

*I WILL show Courage by:*

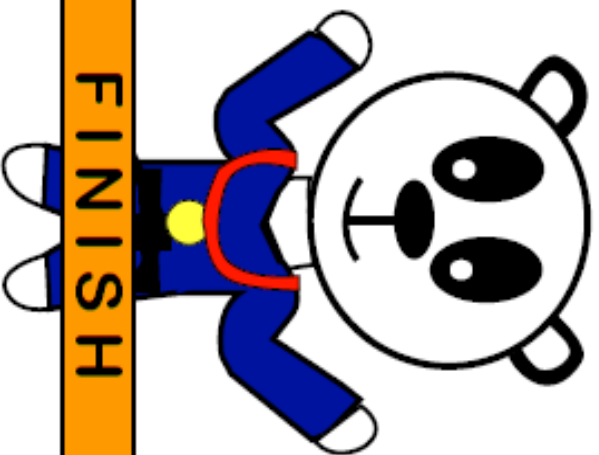
- 1. Facing my fears, not running from them.*
- 2. Not being overconfident.*
- 3. Look to my authorities for protection  
when I am in over my head.*
- 4. Upholding what is right, pure & good.*
- 5. Not letting fear control my actions.*



“Be strong and courageous;  
do not be afraid nor be disap-  
pointed, for YHWH your God  
is with you wherever you go.”  
~ Joshua 1:9

# PERSISTENCE

Not quitting, even when it's hard, or you make a mistake; The combination of extreme desire and mental toughness.



*I WILL show Persistence by:*

- 1. Learning to set goals and achieve them.*
- 2. Trying and trying again until I succeed.*
- 3. Learning from my mistakes and not repeating them.*
- 4. Not complaining when things don't go my way.*
- 5. Following through with my commitments.*

"We also glory in tribulations, knowing that tribulation produces persistence; and persistence, character; and character, hope."

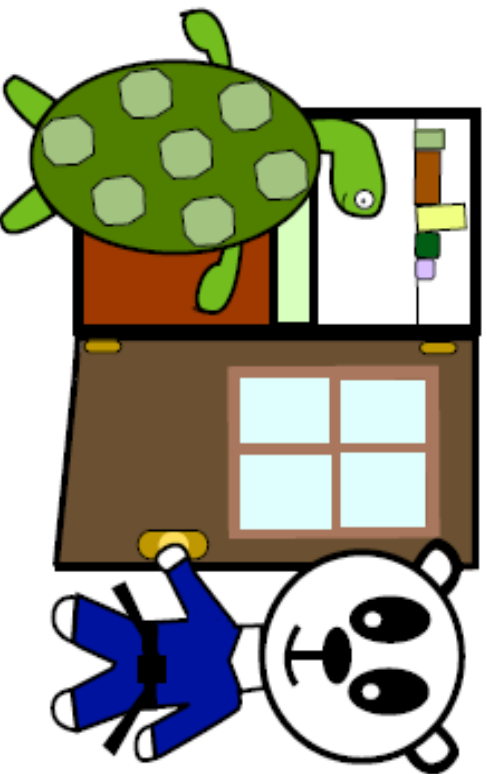
- Romans 5:3-4

# COURTESY

Good manners;  
Polite in a way that shows  
consideration for others.

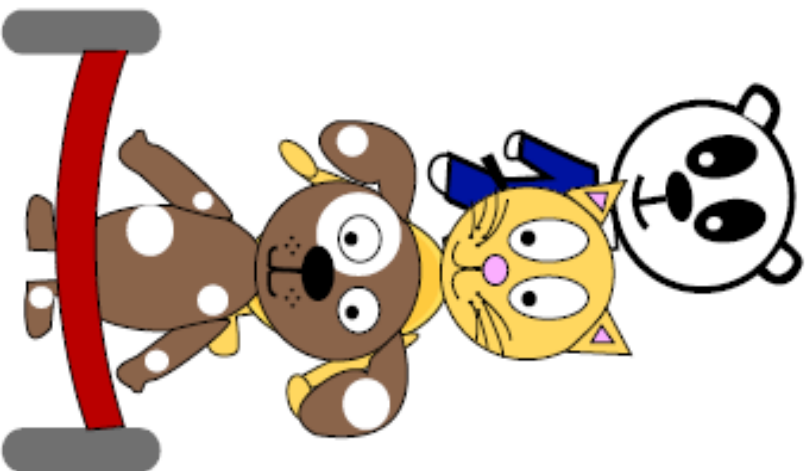
*I WILL show Courtesy by:*

1. Saying "Please" and "Thank you."
2. Letting others go ahead of me.
3. Looking at people when they speak to me.
4. Calling adults Mr., Ms. or Mrs.
5. Doing good to those who are mean or say bad things about me.



"...all of you be of one mind,  
having compassion for one  
another; love as brothers, be  
tenderhearted, be courteous."  
~ 1 Peter 3:8





# PATIENCE

The ability to wait;  
The habit of bearing pain or  
trials without complaint.

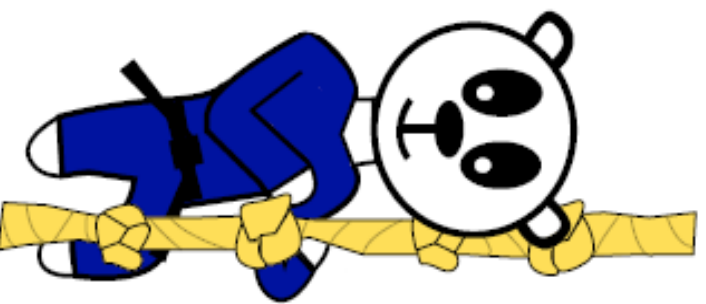
*I WILL show Patience by:*

1. *Not interrupting other people.*
2. *Not complaining if I don't get my way.*
3. *Making the most of my spare time.*
4. *Trying and trying again, until I succeed.*
5. *Changing the things I can change and  
praying about the things I can't.*

“But the fruit of the Spirit is  
love, joy, peace, patience,  
kindness, goodness, faithfulness, gentleness and self-control;  
against such things there is no law”     - Galatians 5:22-23

# DETERMINATION

Firmness of purpose, will, or intention; A fixed mind-set, intention or resolution; A final decision or finding.



“...Continue in the things you have learned and have been convinced of...which are able to make you wise for salvation through faith in Christ Jesus.”  
~ 2 Timothy 3:14

*I WILL show Determination by:*

1. *Learning to set goals and achieve them.*
2. *Trying and trying again until I succeed.*
3. *Learning from my mistakes and not repeating them.*
4. *Not complaining when things don't go my way.*
5. *Following through with my commitments.*

“Be strong in  
the power of  
His might.”  
- Ephesians 6:10

“I can do all  
things through  
Christ which  
strengthens me.”  
- Philippians 4:13



# CONFIDENCE

Firm belief in, or assurance  
of oneself or one's decision;  
certainty of belief; conviction.

*I WILL show Confidence by:*

1. *Firmly putting my trust in God through Jesus Christ.*
2. *Acting on my faith. Doing what is right.*
3. *Not being afraid of what people can or might do to me, or think about me.*
4. *Not being afraid of failing.*
5. *Believing in myself and the gifts that God has given me.*

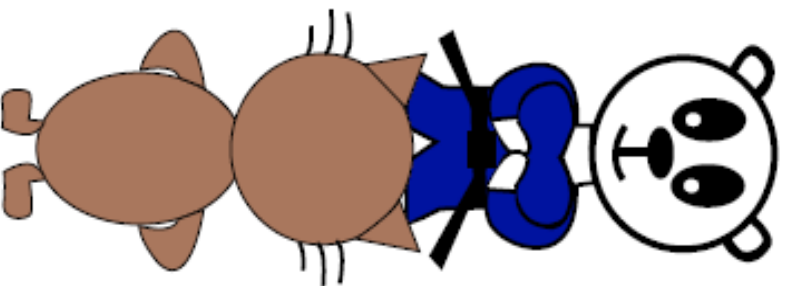


# RESPECT

Feeling of admiration or deference for someone or something; consideration or thoughtfulness.

*I WILL show Respect by:*

1. *Showing reverence to God, my parents, and my elders.*
2. *Using the words "Sir," and "Ma'am."*
3. *Using kind words and tone of voice.*
4. *Treating people the way I want to be treated.*
5. *Be polite to people whether they deserve it or not.*



"YHWH is greatly to be feared  
in the assembly of saints, and  
to be held in reverence by all  
those around Him."

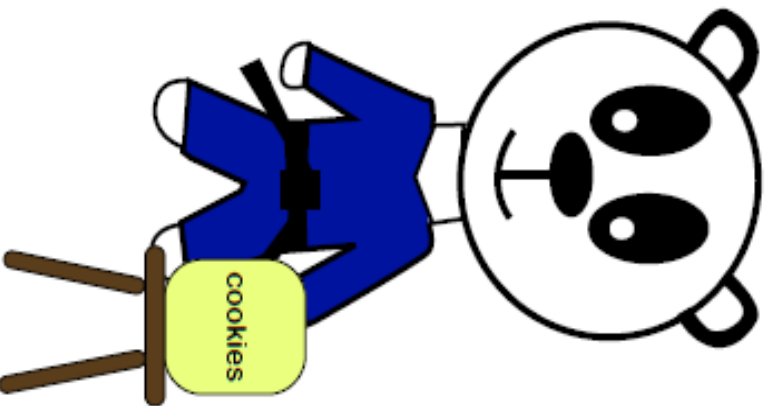
- Psalm 89:7

# SELF-CONTROL

The ability to control,  
hold back or limit your  
own behavior, reactions  
and impulses.

*I WILL show Self-Control by:*

- 1. Keeping my hands to myself.*
- 2. Not talking back to my parents.*
- 3. Not grabbing at things that aren't mine.*
- 4. Not complaining when things don't go my way.*
- 5. Think before I speak or do something.*



“Whoever has no rule over his  
own spirit is like a city broken  
down, without walls.”

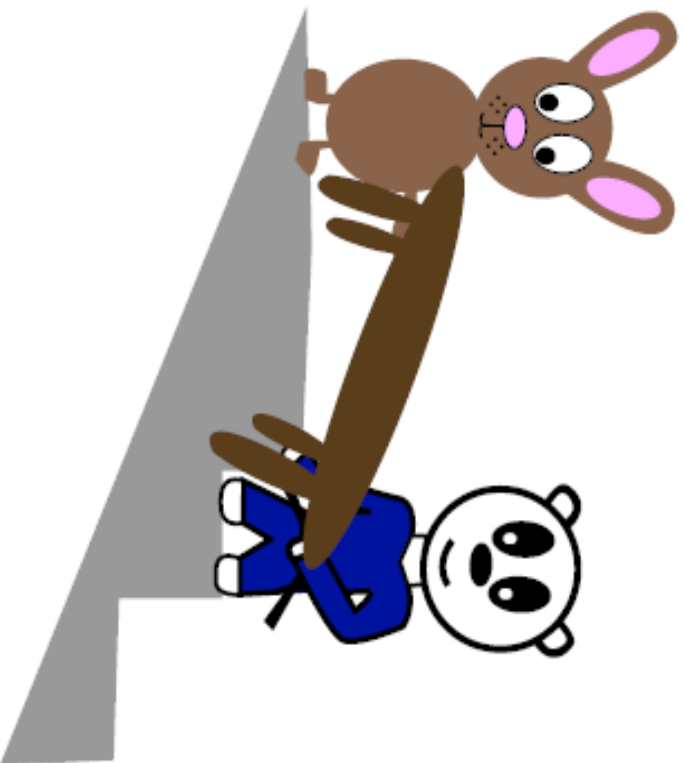
- Proverbs 25:28

# COOPERATION

Working together to  
achieve a common goal;  
doing what is asked or  
required.

*I WILL show Cooperation by:*

1. *Obedying my parents & doing what is asked of me.*
2. *Offering my help or asking if I may help.*
3. *Being helpful to those who need help.*
4. *Working as a team when things are too hard for one person to do alone.*
5. *Not always having to do things my way.*

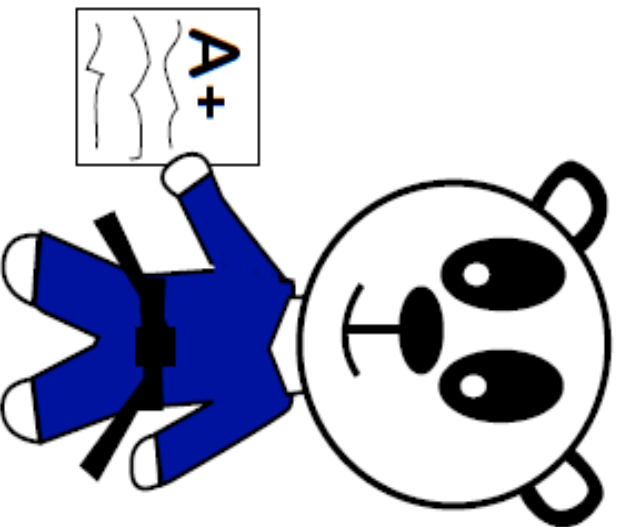


“Bear one another’s burdens,  
and so fulfill the law of Christ.”

~ Galatians 6:2

# EXCELLENCE

The quality or state of being outstanding and superior. Something that is of great quality.



*I WILL show Excellence by:*

- 1. Trying my very best to get things right and be as good as I can be.*
- 2. Not just "going through the motions".*
- 3. Behaving better than all my friends.*
- 4. Setting a great example for others who look up to me.*
- 5. Always keeping a positive attitude.*

*"Fix your thoughts on what is true, honorable and right. Think about things that are pure, lovely, and admirable. Meditate on things that are excellent and worthy of praise."*

*- Philippians 4:8 NLT*

# Supplemental Information

## The Ten Commandments

1. You shall worship no other god than me.
2. You shall not make yourselves any idols...for I am a jealous God.
3. You shall not misuse the name of the Lord your God.
4. Remember the Sabbath by keeping it holy.
5. Honor your father and mother.
6. You must not murder.
7. You must not commit adultery.
8. You must not steal.
9. You must not lie.
10. You must not be envious of what belongs to your neighbor.

## The Beatitudes

- Blessed are the poor in spirit,  
*for theirs is the kingdom of heaven.*
- Blessed are those who mourn,  
*for they will be comforted.*
- Blessed are the meek,  
*for they shall inherit the earth.*
- Blessed are those who hunger and thirst for righteousness,  
*for they will be filled.*
- Blessed are the merciful,  
*for they will be shown mercy.*
- Blessed are the pure in heart,  
*for they will see God.*
- Blessed are the peacemakers,  
*for they will be called sons of God.*
- Blessed are those who are persecuted because of righteousness,  
*for theirs is the kingdom of heaven.*
- Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me.  
*Rejoice and be glad, because great is your reward in heaven...*

## Amendments to the U.S. Constitution *The Bill of Rights*

- Article 1.** Our right to freedom of religion, freedom of speech, and our right to assemble and petition the government.
- Article 2.** Our right to keep and bear arms.
- Article 3.** Protection from forced housing of soldiers.
- Article 4.** Protection from unreasonable searches and seizures.
- Article 5.** Protection from double jeopardy and from being a witness against ourselves. Our right to due process of law.
- Article 6.** Our right to a speedy, public and fair trial.
- Article 7.** Our right to a trial by jury.
- Article 8.** Protection from excessive bail, and cruel and unusual punishment.
- Article 9.** The Constitution may not be interpreted to deny our other rights.
- Article 10.** Powers not given to the United States are reserved to the individual states or to the people.

### Award Patches for Memorization

#### Eagle Patch

Memorize the Ten Commandments and the Beatitudes

#### U.S. Flag Patch

Memorize the Amendments to the U.S. Constitution

Sign & Return

Shepherd-Warrior Martial Arts  
Chi-Tu Do Student Pledge

**I intend to develop myself in a positive manner, and to avoid anything that would harm my mental growth or my physical health.**

*Ephesians 6:10-11 "Finally, my brethren, be strong in the Lord and in the power of His might. Put on the whole armor of God, that you may be able to stand against the wiles of the devil."*

**I intend to develop self-discipline and self-control, in order to bring out the best in myself and in others.**

*Romans 12:2 "And do not be conformed to this world, but be transformed by the renewing of your mind, that you may be able to prove what is that good and acceptable and perfect will of God."*

**I intend to use what I learn in class constructively and defensively, to help myself and my fellow man, and never to be abusive or offensive.**

*Colossians 3:17 "And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks to God the father through Him."*

**I will relentlessly endeavor to be my best!**

*Philippians 3:14 "I press toward the goal for the prize of the upward call of God in Christ Jesus."*

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Student Signature

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Parent Signature (if applicable)

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Instructor Signature



## Shepherd-Warrior Martial Arts Student Etiquette Confirmation Form

By writing your initials on the lines below, you are agreeing to the following:

\_\_\_\_\_ I have read and understand the Code of Conduct and Student Etiquette (pg. 8-11) of this manual. I agree to abide by these rules and expectations throughout my training. I understand that I am expected to know this material if asked and may be tested on it at any time.

\_\_\_\_\_ During my first year of training, I will make every effort to attend at least 80% of all my classes and will make a commitment to practicing at home for at least 5-10 minutes per day.

\_\_\_\_\_ I also understand that I can help keep the school healthy by referring new members, posting reviews and telling my friends, both on and off line, about the school.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parents Signature (if applicable)