



The 7-Day Leadership Team Challenge

Here is a challenge for your G.O.L.D. Team members, regular instructors and you, something worthy of a person with your impressive skills. This challenge will require you to do for yourself—and for others.

You will need to be creative and self-motivated to succeed. You will have to put some effort into this mission, but, in the end, you will be a wiser and more respected leader.

During the next seven working days (that is, days your school is open for classes), your challenge is to perform the following five tasks, known as the 7-Day Leadership Challenge.

Leadership Task No. 1: 50 Acts of Student Service

An “act of student service” is some form of service or benefit to a student in your school. No matter how small an act, every “act of student service” counts!

Here are some examples:

- Open a door for a student.
- Say something (genuinely) complimentary to a student.
- Help a student learn a technique.
- Tie a belt.
- Help a student prepare for a test.
- Help a student solve a problem.
- Teach a student learn something he or she would like to learn.
- Help a student set a goal.

The rules for this task are as follows:

1. You must record (write) all of the 50 “acts”.
2. No more than five acts per student.
3. There must be a minimum of 50 acts recorded, but more are permissible for over-achievers.

Leadership Task No. 2: 500 Push-ups and/or Crunches

You can do 500 individual push-ups or crunches or any combination, but the challenge is to do 500 reps total. Keep in mind that you only need to do about 72 reps a day during seven days to achieve this goal.

The rules for this task are as follows:

1. The push-ups must be COMPLETE push-ups (all the way up and all the way down), not those push-ups you do when nobody’s watching.
2. No, you can’t do them on your knees, sorry. If there is a reason you cannot do push-ups or crunches, then you may substitute full squats.
3. You may do more than 500 reps, if doing the minimum is not your SOP (Standard Method of Operation).

Leadership Task No. 3: 30 Servings of Fresh Fruits and/or Vegetables

Do you have the guts, the drive, the courage and the self-discipline to face almost five servings of fruit and vegetables a day for seven days? You might find this a more difficult challenge than the 500 push-ups!

The rules for this task are as follows:

BLACK BELT LEADERSHIP

GUIDANCE ON LEADERSHIP DEVELOPMENT

1. No, Fruit Loops™ don't count.
2. Portions do not have to be large; but should be at least two mouthfuls.
3. In a perfect world, half of the servings would be fruit, the other half vegetables.

Leadership Task No. 4: Help One Student Overcome an Obstacle or Challenge

The challenge is to help one student overcome an obstacle (related to his or her martial arts training). Maybe a student needs help with consistent attendance? Maybe someone needs help preparing for an exam?

The rules for this task are as follows:

1. Your help must take place at the school, before, during or after classes.
2. Keep it simple! If you need help, then see your instructor.

Task No. 5: Memorize One Motivational or Inspirational Quote

Yes, this is easy, so make it good!

The rules for this task are as follows:

1. Quotes must be more than three words.
2. No quotes allowed from any movie, starring Jack Black.
3. No words in your quotes objectionable to your grandmother.

The WHY of the 7-Day Leadership Challenge

There are reasons why these challenges are beneficial to you and your students and school.

50 Acts of Student Service

We all serve our students, but we don't often keep track of exactly how we serve them. We are probably either doing more for students than

we realize—or less. When you actually track your 50 acts of student service, use your goal-setting skills to experiment with and test your level of student service. This task should be followed with a good deal of discussion among the team.

500 Push-ups and/or Crunches

There's no better way to teach others than by example. When you do 500 push-ups or crunches (or more) in seven days, you'll perfectly illustrate how small increments of daily effort will lead to sizable accomplishments. You'll look better in a T-shirt too!

30 Servings of Fresh Fruits and/or Vegetables

One of the ultimate forms of self-defense is what we eat. Our diet affects our energy levels, moods and ability to concentrate. Many of the students in your school could use some "leadership by example" when it comes to consuming foods that better fuel their bodies. During or after this task, team members should visit the web site www.5aday.com.

Help One Student Overcome an Obstacle or Challenge

There's no better way for a leadership team member to polish his or her teaching skills than to help other students overcome obstacles to their martial arts success.

Memorize One Motivational or Inspirational Quote

That old rat that taught the Ninja Turtles™ could rattle off quote after quote of ancient wisdom; and Yoda could too! Well, if those fictional (and totally artificial) characters can do it, then so can you!