RENEWALS/UPGRADES

Every single one of these steps must be **scheduled appointments**.

During the process, it's *critical* instructors are constantly **pre-framing** and **spotlighting** students in class for Black Belt Leadership and Goal Setting

1) Enroll in Basic program (and immediately set next class and Enrollment Folder appt)

2) 1st Class after membership agreement is signed: Enrollment Folder appt
   - 5 homework sheets
   - Q&A sheets
   - Folder returned during sessions 4-8, attend regularly, stay engaged

3) Progress Check meeting and use Evaluation Sheet

4) When identified as ready ("A" Parent / Student), Invite to preview LC class - 15min (set appt with instructor, confirm)
   - Give invitation during class
   - Set first Preview Class at the end of class and handout Visualization Sheet

5) First Preview Class: Turn in Visualization Sheet and at end give DVD Bucket:
   - DVD, popcorn bucket, Gatorade, gift (logo item), testimonials, goal sheet to fill out
   - To be returned by: 2nd preview class.
   - When returned, set appt for ninja and 3rd preview, explain they will bring a gift bag, paperwork to fill out, to bring to next class

6) Ninja brings Leadership application to be filled out with Ninja Special Delivery to Home:
   - bring bag with logo (cinch bag) and filled with logo item; letter stating that they've qualified to join Leadership Training, wristband with "future Black Belt"

7) 3rd preview class (during class, review app, determine if they are ready to set renewal conference, or set another preview class if needed)
   - If the leadership application is not filled out take the time to fill out right there

8) Preview class if needed

9) Renewal conference



As you can see, I have attached a "Million Dollar Bill" to the top of this letter. Why have I done this? Actually there are

two reasons:

I have something very important to tell you, and I wanted to be sure I got your attention.

I'd like to share a very important story – that is directly related to $1,000,000.00 and I thought it would be a great way to "break the ice."

The story?

Well – here it is.

For many years now Mile High Karate has held a semi-annual retreat with all of our Black Belts and Black Belt candidates. The big event of the year has been held for many years Silver Creek resort and recently moved to Breckenridge and has been attended by as many as 400 participants.

An annual ritual has become – sitting down the new Black Belts and asking a simple question:

Now, you've got to suspend disbelief for a second on this one..

What if I possessed a "time-machine" and could transport back to the moment that you decided to commit to Black Belt (and beyond) at Mile High Karate. What if I could travel back – and, while traveling back **take back all of the skills, knowledge, attitude, friends, and accomplishments that you've achieved on the way to Black Belt ?**

If I had that ability – how much would I have to pay you to allow me to take away all you've accomplished due to your association with Mile High Karate?

Well – often there is a **stunned silence** among the participants – and, their parents.

The I ask – what if I reimbursed 100% of everything you ever paid in tuition, events, equipment – If I reimbursed everything that you've paid – and, even paid $25 or even $50 per hour for the time you've spent? Would you take me up on the offer?

In every instance – literally 100's of times the answer is a RESOUNDING – NO WAY!

Well, I then ask. .. What if I upped the ante? How about $50,000.00? No wait. Better yet , how about $100,000.00? For $100,000.00 would you let me take back everything you've learned and accomplished through Mile High Karate?

Again – a **RESOUNDING – NO WAY!**

Ok, Ok – I reply. Maybe that's not enough to really change your life. Let's think about a REALLY BIG number!

How about **$1,000,000.00** (One **Million** Dollars!)
Now come on – that's **A LOT** of money – what about **$1,000,000.00** ?
If I could give you $1,000,000.00 cash – would you let me **take back everything** you've learned at Mile High Karate ? – and, take a different path 3, 4, or 5 years ago?
What do you think 487 Black Belts and their parents – have **unanimously** said to that outrageous proposition?

$1,000,000.00 just to have decided NOT to have trained to Black Belt at Mile High Karate?

Can you guess? Well you are right.

EVERY one of them in the last 19 years have said not only NO – but, hell no! Each and every Black Belt ever developed at Mile High Karate has said the experience was not only worth $1,000,000.00 but **literally was PRICELESS!**

Now, you may be thinking one of **two self-defeating ideas.**

First, well that's them. How do I know that I will be able to achieve Black Belt under the incredibly high standards of Mile High Karate?

Well. Frankly each of our teachers and school operators are trained for 100's of hours – one the teaching and developmental skills necessary to achieve Black Belt. And, they have all been taught how to check for aptitude and attitude for a strong Black Belt candidate. And, to **qualify prospective candidates** to be allowed to train to Black Belt and beyond.

Guess what?

You **have passed** a VERY VIGOROUS screening process to be considered to train to Black Belt and beyond – and, to earn the **Internationally Recognized symbol of achievement in Martial Arts – Mile High Karate's Black Belt**.
Second, Ok, Ok – they all achieved those **incredible results** – but, for me it just seems like to much time, effort, and money. Why would I want to do this?

Well – you are right about one thing. Without commitment there is no achievement.

Is it worth the time, effort, and money? Well – ask ANY Mile High Karate Black Belt and you will find that they believe **their achievement** to be worth 100 times or even 1,000 times what it cost them in time, effort, and in money. **Without exception** – they believe that no other use of their time an resources would have had the same – **life-long, permanent, improvement in their life** that Mile High Karate has had.

Any way – why have I written you this week – and, explained our Black Belt system at great length?

Well, This month you have been evaluated by your instructors and they have unanimously approved you to be accepted into the Mile High Karate family of Black Belts.

I am hoping that you will take the time to sit down with our expert staff this week to discuss the specifics of our Master Club so that you also may be allowed to train to Black Belt (and beyond!)

As I'm sure you know – I first work with most Mile High Karate students during the Black Belt preparation cycle and during the Black Belt retreat.

Honestly, I hope to be able to **personally work with you in** 2 ½ to 3 years – and, then sit and ask you "What if I had a 'time-machine' and could travel back in time and…

Thank you!

Sincerely,



Grand Master Stephen Oliver,
9th Degree Black Belt
Founder & Chief Master Instructor – Mile High Karate

P.S. Please call to set an appointment today with your instructor to see if you qualify for either our Leadership Program or Master Club

Stephen Oliver's Mile High Karate
Goal Setting Work-Sheet

Goal:

To be a 2nd Degree Black Belt and Live the Black Belt Lifestyle.

Deadline:

48 months from beginning karate to get 1st Degree Black Belt (certified)
30 Months from 1st Degree Black Belt to Second Degree Black Belt

Approximate Goal Date for my 1st Degree Black Belt:_____

Approximate Goal Date for my 2nd Degree Black Belt:_____

Benefits:

Ability to Defend Myself in All Situations
Be a Part of An Elite Team
Achieve the First Step Towards Black Belt Mastery and Life Mastery
Develop Leadership Skills and Public Speaking Skills
Health and Fitness
Total Confidence
Learn Advanced Curriculum:
A life-changing process.

Action Plan:

Get approved for and join the MHK Master Club.
Train consistently 2-3 times per week.
Test regularly every 2 months with 18 classes.
Take personal responsibility to learn material as independently as possible.
Maintain proper nutrition, rest, and exercise.
Practice daily at home 15-30 minutes.

Personal Commitment:

I pledge to do whatever it takes to achieve my goal for the betterment of myself and those around me:

Signed_____ Date_____

You must decide that your goal is worth the time, effort, and money. You must also determine what your obstacles are in advance and decide to do whatever it takes to over-come those obstacles.

All Goals Must Be SMART:
S – Specific M – Measurable A – Attainable R – Realistic T – Tangible.

Would you like to be guaranteed to receive your Black Belt?
Do these things:

1. Show up 2 or 3 times per week – until you pass your test. Most people who fail to get their Black Belt FAIL because they either stop showing up or they show inconsistently!
2. Set your goal. REALLY set your goal by following all of the steps
3. Take pictures of yourself with a Black Belt and Visualize actually being a Black Belt EVERY Day
4. Parents – don't take no for an answer. Show up 2 or 3 times per week – from now on!
5. Ask your instructors regularly what you can do to improve.
6. Create Desire. Meet Black Belts. Watch Tournaments. Learn more about Martial Arts. Enjoy yourself

Concerning all acts of initiative (and creation) there is one elementary truth, the ignorance of which kills countless ideas and splendid plans:

the moment one definitely commits oneself, then providence moves too.

All sorts of things occur to help one that would not otherwise have occurred. A whole stream of events issues from the decision, raising in one's favour all manner of unforeseen incidents and meetings and material assistance which no man would have dreamed would come his way.

I have learned a deep respect for one of Goethe's couplets:

"Whatever you can do, or dream you can, begin it. Boldness has genius, magic, and power in it. Begin it now."

W. H. Murray,
The Scottish Himalayan Expedition

WHITE BELT—GOLD BELT

Student Name:
Belt Size and Color
ID#:
Responsible:

Read and Complete Book Test for "What to Say When You Talk To Talk Yourself"-Shad Helmstetter" or "Psychology of Winning"-Dennis Waitley

WTS

POW

Yellow Stripe: (Intramurals–required)

Red Stripe (6): Attitude Stripe

Intent to Promote

Month 1

1	2	3	4	5	6	7	8	Grey Stripe:	Black Stripe:

Month 2

9	10	11	12	13	14	15	16	Grey Stripe:	Black Stripe:

Grey Stripe: Approval to test 16+ classes, 8 weeks (BB Success Skill)
Black Stripe: Progress of Curriculum reviewed and approved by Instructor

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	Goal	Progress	Test
Push ups			
Sit ups			
Leg Lifts			
squats			
Mountain Climbers			
Jump Rope			
Front Kicks			
Front Punches			
Side Kicks			
Round Kicks			
Run			

NOTES:

	Goal	Progress	Test
Push ups			
Sit ups			
Leg Lifts			
squats			
Mountain Climbers			
Jump Rope			
Front Kicks			
Front Punches			
Side Kicks			
Round Kicks			
Run			

NOTES:

	Goal	Progress	Test
Push ups			
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NOTES:

	Goal	Progress	Test
Push ups			
Sit ups			
Leg Lifts			
squats			
Mountain Climbers			
Jump Rope			
Front Kicks			
Front Punches			
Side Kicks			
Round Kicks			
Run			

NOTES:

Thoughts about getting to Black Belt and Beyond at Mile High Karate.

Questions and Answers with Chief Master Stephen Oliver

Q: When will we be evaluated for Black Belt Training?

A: For a new student, our instructors take a look at the student and try to decide about aptitude and interest.

They decide if they feel comfortable with working with you on a three, four-, five-, six-, seven-year basis in order to develop to a black belt. Once we make that commitment, we've made the commitment to make sure that you achieve Black Belt.

Our average black belt is a seven- to 12-year-old, and their parents taking classes. So we have a high majority of parents and families who get to Black Belt.

But the main thing is it's a process that evolves with curriculum. If a child is a third-grader now, they can be a black belt when they're a sixth-grader. It's an easy process to go through. Obviously, the curriculum gets more difficult as we go, but they get walked into that curriculum.

The main thing about our program, through the process of getting a black belt, is the development of physical, mental and emotional skills. And obviously, there is a self-defense component, so that the student is able to protect themselves or their loved ones. But mostly, the process of getting to Black Belt is more emotional and character development than it is the pure physical and athletic aspects.

Q: What are Considerations for our Family?

A: As a new student, the evaluation should be to take a look at the program and decide if it's something that, as a family, fits into your philosophical values. Is it something that's supportive of what you're trying to accomplish as a family.

Q: When should we consider Black Belt?

A: As a new student, it's very important to be thinking about training to Black Belt now. You need to get acquainted with the school. To get acquainted with the environment and the philosophy of the school. And, to get acquainted with the process of classes and the curriculum.

As a parent, I can assure you that we guarantee that every time a child's in class, he's going to have a lot of fun.

Frankly, as an adult, every time you're in class you're going to have a lot of fun.

But the important part is this is a school, just like any other school. It's important, early on, if you go to Harvard, you're not going to be deciding, from midterm to midterm, whether you're going to follow-through and get your bachelor's degree or get your master's degree.

It's very important, early on, as you enter the school, to decide what the outcome is. In a martial arts school and Mile High Karate, the outcome is to be a black belt.

Black belt is more a metaphor for the outcome. And the outcome is confidence and discipline and focus. The outcome is a high level of physical athletic skill, a high level of physical fitness, as well as having the ability to defend yourself if you ever need to.

Q: How can I be sure my child will stay motivated?

A: The nice thing about martial arts, unlike a team activity, is you're not trying to keep up to anybody else's standards, you're achieving by your own standards.

We provide incentives and rewards on an incremental basis, so the each student stays motivated in class. Our curriculum unfolds gradually. There's a high level of physical accomplishment that comes with being a Black Belt, but that physical accomplishment comes over nine, 12, 18, 24 months. .

Q: How is martial arts different than other sports?

A: It's so important to realize this is a school, and it's not a recreational activity. Training to Black Belt is a developmental process.

Now, it's fun. The kids are going to have a great deal of fun. They're going to get very excited about this, and they're going to keep their excitement level probably over three, four, five years.

However, it's not like soccer league or baseball league. It's more like elementary school.

So the parent makes a commitment to bring the child to class twice a week, sometimes three. The child has a regular class. They're going to have a lot of fun in that class by a very well-trained, professionally-developed instructor. And through the processes, they're going to get the black belt.

And frankly, for a five- or six-year-old, it's no more difficult to get a black belt than it is to go from second grade to sixth grade.

Q: When must we set the Goal to Black Belt?

A: Any of the families that we have in our black belt family, the way they got to black belt is started with one step: setting the goal. It's a family goal, it's not an individual goal.

For a child, the way the goal gets set is frankly this: the child has fun in class, has a high level of enthusiasm, usually sees some of the other black belt kids and decides they'd like to be like that other child that they've already seen with a black belt.

Honestly, a three-, four-, or six- or seven-year-old, they don't understand what three or four years from now means, and they don't understand the long-term outlook. That's where the parents come in.

And for the parents, it's very important to look at it and look forward into the future and say, "My seven-year-old, if they were a 10- or 11-year-old black belt and they had all the outcomes that go with that at school and at home, is that something we'd like for our family?"

And if that parent makes that decision and the child has immediate enthusiasm and some immediate aptitude in class - I don't mean physical aptitude. We have many kids who started in the program who were just physically horrible,

but they enjoy class and they enjoy the time when they're in class. If those two pieces go in place, then it's a family decision to follow-through and be a black belt.

What many people are afraid of is that as they take the next step and commit to black belt, it's going to be very time-intensive and it's going to be a huge time commitment.

And the reality is that for the next several years, it's a twice-a-week, 45-minute-per-time commitment. When you get to brown belt, it does become a little bit more time intensive and people have to slot in six or eight weeks to prepare for and be ready for the black belt test.

But other than that, it's a consistent, twice-a-week, 45 minutes each class, ongoing consistency.

Q: What's the likelihood of my child achieving Black Belt?

A: This school is no different from Harvard. We're one of the top martial arts schools in the world, and we want to make sure that we have a graduation rate that's just good. It's a four-year process to be a black belt - we want to make sure that we qualify students to make sure that they're going to be a good fit in the student body. A good fit into the black belt team once they get to that point. And that they're going to be able to be up to the rigors of getting their black belt.

A university like Harvard only has 1% or 2% that don't matriculate to their bachelor's degree once they enter. And our objective that once a family has made a decision to be a black belt that with very rare exceptions they going to get a black belt - whatever it take on our part to accomplish that objective.

Q: How does the evaluation process for Black Belt work?

A: As a new student, you're also evaluating us. And you're evaluating us - both with the material we're giving you here and with your experience in class and your interaction with our staff and other students - to decide whether it's a good fit for your family, whether the philosophy of the school and the outcome that you see is really what you want for your family.

You really have to make a choice between one of two options early on. Option one is you're going to do this for a short period of time and that's all you're going to do with martial arts.

Or option two, is you're going to be a black belt.

It's very important to realize there's not three choices, there's two choices. There's not, "Yes, we want to be a black belt," "maybe we will," or "no, we're not going to." The choice is yes or no.

What we've found is, universally, maybe means no by default.

So without having the real goal to get a black belt, then nobody's going to achieve a black belt. All the hundreds of black belts we have here this weekend, all set a goal at white belt that they were going to be a black belt. And they made a definitive goal, not an open-ended one.

Q: Once we decide to be a black belt what are our choices?

A: There's two choices.

<u>Option number one is our Master Club</u>.

The Master Club is the base way to get to black belt. It's going to get you to all of the physical skill sets that a black belt's going to have, which includes obviously self-defense but also high-level physical conditioning, and a high level of athletic accomplishments with all the martial art skills.

Also, it's going to get a person to a high level of mental focus, a high level of mental discipline, a high level of confidence, and having the ability to really focus, set goals, and follow through on those goals.

So Master Club takes a person to black belt and beyond, and gets them to the point that they're part of the black belt family and gets them to the point where they've really achieved all of the physical skill sets.

The second choice is our Leadership Program.

Our Leadership Program is all of the components of the Master Club - all the physical skills, whether it be weapons, the forms, the self-defense combinations and all the physical curriculum, as well as the mental development - but it takes it one step forward and it takes it into a leadership component.

And that leadership component is so important because as a college student or as an elementary student, it's important to be able to interact with other people, it's important to take a mentorship role and a teaching role. Our black belts and our leadership people will be able to interact with 40 people, 50 people, and will perform in front of sometimes 1,000, 2,000, 3,000 people.

So the Leadership Program takes it to a new level, which is the ability to have good public speaking skills, good mentorship skills, excellent communication skills and persuasion skills, and an excellent ability to relay content and material to another person and to persuade them around to your belief so you can help them to move to a higher level.

Q: What's the next step to decide for our family?

A: The next step, for the student and family, is to sit down with the program director and instructor and receive a thorough evaluation on how their child or how they are doing on the program and whether Master Club is an appropriate fit and whether they qualify for that, or whether Leadership is a better fit and whether they qualify for that.

If you already have an appointment with the program director and instructor and you've spent some time talking as a family before that about whether you're going to be serious and be a black belt someday or not, set that goal.

If you don't have an appointment, please set that appointment. It's very important to get a thorough evaluation and decide whether black belt on a long-term basis is going to be best for you or not.

Student Name:_____ **Age:** _____
Beginner Belt Level: _____
Parent's Name: _____

MILE HIGH KARATE

1. When you first came to Mile High Karate what did you want to see:_____

1. Have you seen that development so far?_____
2. What do you believe are the key reasons for this progress?_____
3. Do you have a 'favorite' Black Belt Assistant ? Who? _____
4. What Black Belt Qualities do you believe are most important for you/ your child to develop?

_____

FOR INSTRUCTOR USE

	Poor	Fair	Good	Above Average	Excellent	Comments
Attitude						
Respect/Manners						
Effort/Enthusiasm						
Concentration/ Attention						
Fitness Progress						
Balance/Coordination						
Speed/Power						
Flexibility						
Overall Progress						
Class Active Participation						
Event Participation						
Class Attendance						

It takes 3 1/2 to 5 years to achieve Black Belt. Do you know of any physical or health problems which you are concerned may negatively affect your you or your child's ability to achieve Black Belt?_____
Explain: _____

Do you expect to be transferred or move in that period of time? _____

What Special Events have you enjoyed most?_____

When we take a student to Black Belt , we help them learn to project and set goals. It is important for us to work together as a team. Are you and other responsible party's involved in the growth and development of this child willing to work with us to help your child achieve realistic and time bound goals towards attaining their black belt? YES NO

Would you agree that Commitment is a key factor in achieving any goal? Yes No

FOR INSTRUCTOR **Recommended Action:**
On Track for Belt Test **Needs Work to be on Track (see instructor)**

Apply Black Belt Training via Leadership **Apply for Black Belt Training via Master Club**

Continue in Basic Curriculum

Instructor: _____ Date_____

Students/ Parents Please fill out with one positive comment for your child's/ yourself and one need for improvement to focus on.

Home:

Doing Well With...

Needs Improvement in....

School/Work:

Doing Well With...

Needs Improvement in....

Karate:

Doing Well With...

Needs Improvement in....

Black Belt and Beyond...

Special Invitation

For outstanding dedication, effort, positive attitude, improvement, and progress shown in class!

---

is hereby invited to begin

Training to 2nd Degree Black Belt and Beyond at Mile High Karate!

Given _____-

MILE HIGH KARATE

_____

Instructor

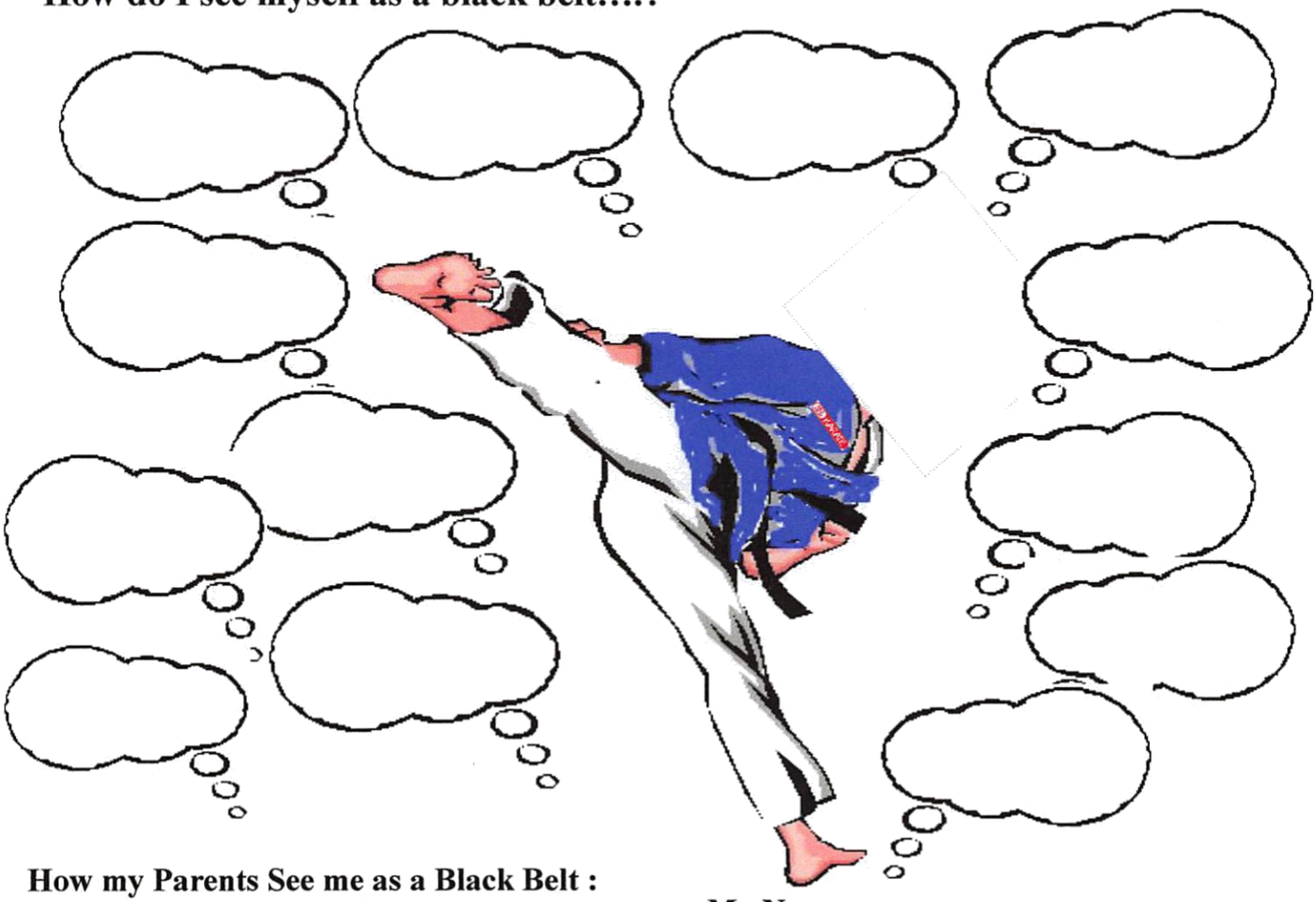
Make A Definite Commitment

Concerning all acts of initiative (and creation) there is one elemental truth, the ignorance of which kills countless ideas and splendid plans: THAT THE MOMENT ONE DEFINITELY COMMITS ONES SELF, THEN PROVIDENCE MOVES TOO.. All sorts of things occur to help one that would otherwise never have occurred.

Date I Will Earn _____ Degree Black Belt Is _____

Self Motivation Arrives Through Visualisation.

How do I see myself as a black belt....?



How my Parents See me as a Black Belt :

My Name: _____

1. _____
2. _____
3. _____
4. _____

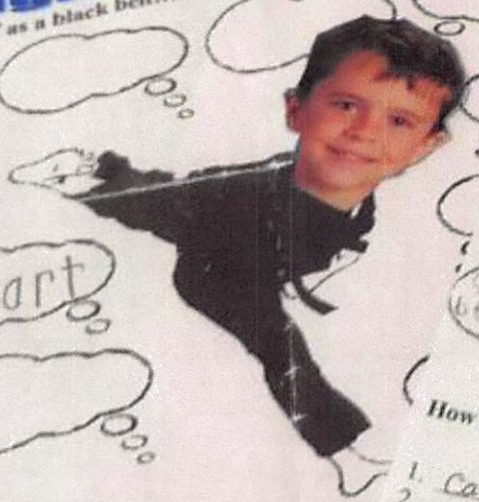
In the thought bubbles put the qualities you have as a Black Belt. How do you define Black Belt Excellence? Paint draw or put a photograph of your face on top of the black belt figure.
Ask Parents to fill in 6 things they see you doing or your success attitudes you h as a black belt. Turn in to your instructor for an attitude stripe.

Make A Definite Commitment

Date I Will Earn 10th Degree Black Belt
2048

Is **Self Motivation Arrives Through Visualisation**

How do I see myself as a black belt....?



How my Parents See me as a Black Belt :

1. As an instructor
2. As an disciplined student
3. As a fit and coordinated person
4. As a humble example

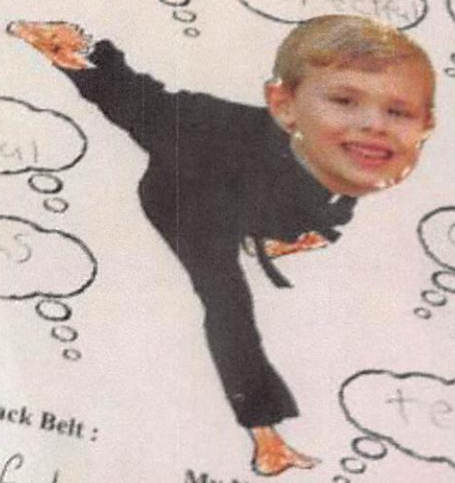
My Nam

Make A Definite Commitment

Date I Will Earn 1st Degree Black Belt
1st Jan 2013

Is **Self Motivation Arrives Through Visualisation.**

How do I see myself as a black belt....?



How my Parents See me as a Black Belt :

1. Caring - thoughtful
2. dedicated - Helpfull
3. role model
4. Kaizen - always trying to get better

My Name: Dax Richard

Make A

Da
Is
Se
Th
How de


Cool

It never gets easier, you just get better

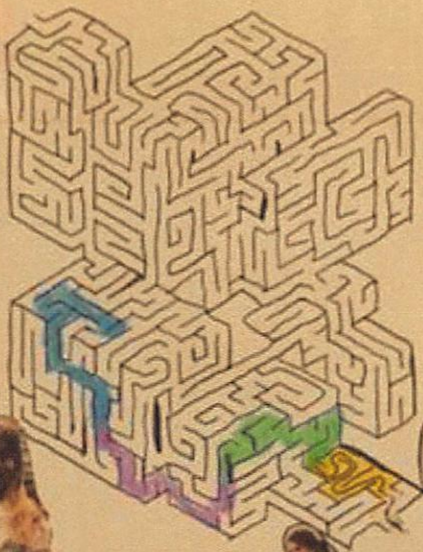
The brave will not live forever, but the cautious do not live at all.

Gianna's Journey To A BLACK BELT





Headed for BLACK not lookin' back!



SHE BELIEVED SHE COULD AND SO SHE DID





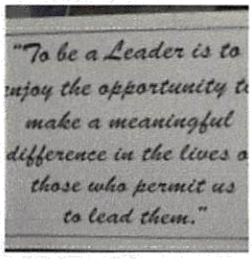


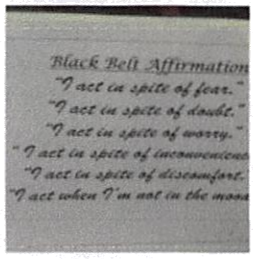


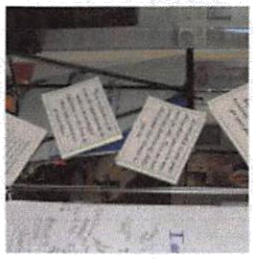
I fear not the man that practiced 10,000 kicks, but the man that practiced 1 kick, 10,000 times.

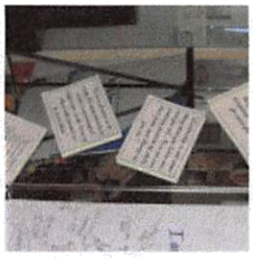
Today I Will Do What Others WON'T. So Tomorrow I can do what others CAN'T.

CLASS of 2021


"To be a Leader is to
njoy the opportunity t
make a meaningful
difference in the lives o
those who permit us
to lead them."


Black Belt Affirmation
"I act in spite of fear."
"I act in spite of doubt."
"I act in spite of worry."
" I act in spite of inconvenience
"I act in spite of discomfort.
"I act when I'm not in the mood





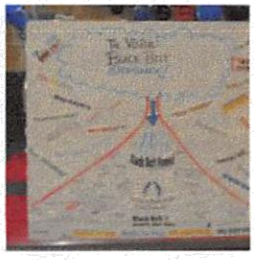



DESIRE TO
ON THE
THEN THE

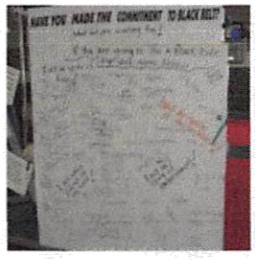


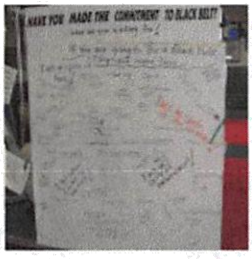


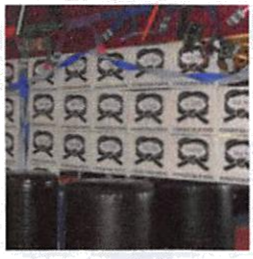


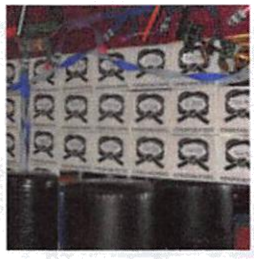


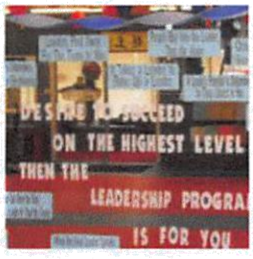

EXCUSE
FOLDER

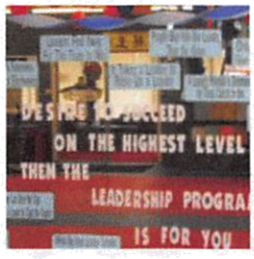

HAVE YOU MADE THE COMMITMENT TO BLACK BELT?


HAVE YOU MADE THE COMMITMENT TO BLACK BELT?






ON THE HIGHEST LEVEL
THEN THE
LEADERSHIP PROGRA
IS FOR YOU


ON THE HIGHEST LEVEL
THEN THE
LEADERSHIP PROGRA
IS FOR YOU


Class of 2009!


OCTOBER
10 OPENINGS
FOR LEADERSHIP
Get your application
turned in NOW!



MILE HIGH KARATE

MILE HIGH KARATE
STUDENT INFORMATION
AND PROGRESS FOLDER

Orientation Level

Level 1

Level 2

Level 3

Black Belt and Beyond

BASIC

Basic Self Defense and Physical Exercise Program
Unlimited Classes
Access to Special Events
Confidence
Self Discipline
Basic Strikes and Kicks
Goal Setting

MASTER CLUB

All the benefits of the Basic Program plus:
Total Development Program
Unlimited Classes
Access to Special Events
Specialized Curriculum
Access to Seminars
Access to Special Classes
Free Use of the National Transfer Network

Weapons
Beginner Sparring
Intermediate Kicks Self Defense
Beginner Kickboxing Goal Attainment
Character Curriculum Board Breaking

Intermediate Weapons
Advanced Kicks
Intermediate Self Defense
Intermediate Kickboxing Tactics
Intermediate Board Breaking

Advanced Weapons
Musical Forms
Advanced Sparring
Advanced Kickboxing
Character Curric.

LEADERSHIP PROGRAM

All the benefits of the Master Club plus:
Total Development and Personal Enrichment Program
Unlimited Classes
Access to SWAT Training
Advanced, Highly Structured Curriculum
Hands-On Training
Additional Material
Instructor Certification
Consideration for Demonstration and Competition Teams

Free Use of the National Transfer Network

Free Style Forms	Fitness Training for Life
Advanced Forms	**Persuasion Skills**
Weapons Forms	Building Relationships
Basic Fitness Instruction	**Leadership Skills Development**
Public Speaking	Becoming an Effective Team Member
Martial Arts History and Evolution	Life Style Goal Setting
Advanced Forms	Acrobatic Kicks
Beginning-Advanced Sparring	Leadership Skills Development
Advanced Management Skills	Advanced Persuasion
Skills	
Reading and Understanding People	Group Performance
Intermediate Instruction	Public Speaking
Team Building Skills	Time Management
Sparring Mastery	**Group Performance**
Advanced Instruction	**Public Speaking**
Advanced Leadership Skills	Musical Free Style Forms
Fitness Training for Life	Advanced Persuasion Skills
Leadership Skills Development	Health and Nutrition

Disarming Techniques
Martial Arts Enhancements and Contribution
Leadership Skills Development
Developing Leaders
Leadership Team Participation
Leading Teams
Form Development and Creation
Curriculum Development
Special Education Training
Confidence Training
Advanced Ground Fighting

Mile High Karate - Tuition Price Sheet 2013

Enrollments:

25% Off Grand-Opening Special

Downpayment:	Single:	Family:	Single:	Family:
Regular:	**$600**	**$900**	$450	$675
Discount Today:	**$300**	**$450**	$225	$338
Today:	**$300**	**$450**	$225	$338
Plus First Month (ie $300+$247)				
First Month:	**$247**	**$477**	$185	$358
Today:	**$547**	**$927**	$410	$695
Monthly Payment:	**$247**	**$477**	$185	$358

Breakdown (Single & Family the Same:)

Successful Kids:	$27
Activities Pass (in areas with multiple schools for Events, Intramurals, etc.)	$20

Renewals:

Master Club:

(1st Degree Black Belt)	DP	Monthly		PIF:	DP	Monthly		PIF:
White Belt: Down Payment:	**$497**	**$327**	**X 36**	**$9,797**	$373	$245	**X 36**	$7,348
Gold Belt:	**$497**	**$347**	**X 42**	**$10,797**	$373	$260	**X 42**	$8,098
Regular:	**$997**	**$397**	**X 48**	**$13,760**	$748	$298	**X 48**	$10,320

Family:

White Belt: Down Payment:	**$994**	**$654**	**X 36**	**$19,594**	$746	$490	**X 36**	$14,696
Gold Belt:	**$994**	**$694**	**X 42**	**$21,594**	$746	$520	**X 42**	$16,196
Regular:	**$1,994**	**$794**	**X 48**	**$27,520**	$1,496	$596	**X 48**	$20,640

Leadership:

(2nd Degree Black Belt:)

	DP	Monthly		PIF:				
White Belt: Down Payment:	**$997**	**$457**	**X 60**	**$18,470**	$748	$343	**X 60**	$13,852
Gold Belt:	**$997**	**$497**	**X 66**	**$19,970**	$748	$373	**X 66**	$14,978
Regular:	**$1,497**	**$549**	**X 72**	**$23,970**	$1,123	$412	**X 72**	$17,978

Family:

White Belt: Down Payment:	**$1,994**	**$914**	**X 60**	**$36,940**	$1,496	$686	**X 60**	$27,705
Gold Belt:	**$1,994**	**$994**	**X 66**	**$39,940**	$1,496	$746	**X 66**	$29,955
Regular:	**$2,994**	**$1,098**	**X 72**	**$47,940**	$2,246	$824	**X 72**	$35,955

Master Club and
Leadership Program Application
Students 16 & Under

Student Name: _____

Age: _____ **Sex: M F** **Grade in School:**_____

Current Address:_____

City:_____ **State:**_____ **Zip:**_____

Parent/Guardian Information: (Responsible Parties)

Name: _____**Relationship**_____

Name: _____**Relationship**_____

Parents & Responsible Parties Only:

In order to achieve any goal, especially one as impact-full as earning a Black Belt, children and students need the support of their parents, teachers, instructors and fellow students. The Mile High Karate Master Club and Leadership Program is dedicated to educating tomorrows' leaders.

Please review and complete all of the below honestly:

Insure attendance in at least 100 regular classes per year: [ ]Yes [ ]No
(An average of 2 classes per week X 50 weeks)

Support your Mile High Karate school and help expand our student base and community awareness and involvement: [ ]Yes [ ]No

Are you willing to support our requirements for "Role Model" responsibilities in the following areas:

Are you willing to enforce Mile High Karate Grooming Standards while your child is in a "Leadership Role" [ ]Yes [ ]No

Are you willing to help us enforce Mile High Karate behavioral standards equal to the leadership role your child will be assuming: [ ]Yes [ ]No

Are you willing to help us enforce healthy lifestyle standards including a boycott on underage drinking, smoking and other drug use: [ ]Yes [ ]No

Are you willing to support our efforts for Excellence in Academics?
[ ]Yes [ ]No

Are you willing to support our efforts for Personal Development through personal leadership and group leadership training – including written, audio and video support materials?
[ ]Yes [ ]No

Commitment and Participation:

If accepted into the Leadership Program, are you willing to insure attendance in at least 80% of Leadership Training Classes? [ ]Yes [ ]No

Are you willing to commit to consistent attendance through 2nd Degree Black Belt:
[ ]Yes [ ]No

Has your child been diagnosed with any medical condition that would affect their ability to physically attain mastery in Martial Arts? [ ]Yes [ ]No

If Yes – please explain. Attach separate sheet in necessary:

Has you child been diagnosed with any of the following:

ADD or ADHD [ ]Yes [ ]No If Yes, medication(s): _____

Bi-Polar [ ]Yes [ ]No

Is your child on any medications? [ ]Yes [ ]No

If Yes, what: _____

Does your child have any other Emotional or Mental Conditions? [ ]Yes [ ]No

If yes, please explain – attach separate sheet if necessary

Is there any history of physical or mental abuse? [ ]Yes [ ]No

If yes, please explain – attach separate sheet if necessary

Does your child have any history of disciplinary problems at school? [ ]Yes [ ]No

Has your child ever encountered legal difficulties? [ ]Yes [ ]No

Has your child used any of the following substances:

Alcohol	[ ]Yes	[ ]No
Illegal Drugs	[ ]Yes	[ ]No
Inhalants	[ ]Yes	[ ]No
Cigarettes	[ ]Yes	[ ]No

If so, please explain any treatment history:

Please rate your child in the following areas:

Attributes and Abilities	Superior	Excellent	Good	Fair	Poor	Unable to Rate
Home Environment:						
Contribution to Household						
"Do it the First Time"						
Respectful Behavior						
School:						
Achievements in School						
Aptitude Academically						
Cooperativeness with Teachers						
Friends and Peers:						
Socially Adept						
Honesty						

Please rate your Family Priorities as Relates to the Mile High Karate Program:

Attributes & Abilities	Highest	High	Low	Lowest
Self Defense Capabilities				
Athletic Achievement				
Personal Confidence				
Character Development				

As a parent or responsible party are you willing to commit to all the requirements to ensure that your child achieves Black Belt and Beyond?

I respectfully request my child's consideration for the Mile High Karate Leadership program. If not accepted for Leadership Training – I request acceptance into the Master Club Program.

[ ]Yes [ ]No Signed: _____

Signed: _____

Student:

I want to be considered for training to Black Belt and beyond as a member of the Leadership Team and am willing to commit to consistent training and positive attitude during my training.

[ ]Yes [ ]No

Signed: _____

Please attach any supporting documentation which may help the Mile High Karate leadership council make a decision in reference to this student. (ie. Scout Achievement, other awards and achievements)

Students:

All "Leadership Team" members must maintain the highest standards of conduct and performance. You must push your training to a new level, and always "Lead by Example". Please review and complete all of the below honestly:

I am willing to commit to all of the training and assisting requirements for the leadership program: [ ]Yes [ ]No

I will commit myself to living a healthy lifestyle by boycotting underage drinking, smoking, and other drug use. [ ]Yes [ ]No

I will follow and help to enforce the Mile High Karate behavioral standards required by the leadership program: [ ]Yes [ ]No

I will support my Mile High Karate school and help to expand our student base and community awareness and involvement: [ ]Yes [ ]No

I am willing to commit to consistent training through 2nd Degree Black Belt:
[ ]Yes [ ]No

To Students and Parents:
The criteria for selection include but are not limited to, the proper positive attitude, the physical aptitude to excel in the required material, and the drive for excellence.

Please understand that the Leadership Program is highly selective and subject to unanimous approval by – your school's instructor – and Branch Manager as well as the Mile High Karate Leadership Council.

If your application is **not** approved for acceptance into the Leadership Program – you may be accepted into our Master Cub program which is also a path to Black Belt without the additional Leadership, Teaching and Mentorship components of the Leadership Team.

I respectfully submit my child for consideration for the Mile High Karate Leadership Team.

Signed:_____
Parent's Signature

Student:
I wish to be considered for the Mile High Karate Leadership Program and I am willing to commit to consistent training and positive attitude during my training.

Signed:_____
Student's Signature

Mile High Karate Instructor Use Only

Primary Instructor Evaluating: _____

Approved for:

[ ]Master Club [ ] Leadership Program

[ ]Coaching Program [ ]Staff Training

[ ]Re-Evaluate in ____ Days [ ]Declined

Attributes and Abilities	Superior	Excellent	Good	Fair	Poor	Unable to Rate
Physical Effort in Class						
Attitude in Class						
Martial Arts Respect in Class						
Physical Aptitude for Black Belt and Beyond Training						
Maturity Relative to Age						
Self Motivation						
Participation						
Class Attendance						
Intramural Tournaments						
Seminars and Events						
External Success:						
Achievement in School						
Behavior at Home						
Leadership Aptitude Exhibited						

Instructor Commitment:

Are you willing to work with and guarantee that this students will receive at least a 2nd Degree Black Belt upon completion of all requirements and classroom attendance?

[ ]Yes [ ]No [ ]Unsure

I am willing to work with this student to achieve a high level of "Interpersonal Leadership and Teaching Skills"?

[ ]Yes [ ]No [ ]Unsure

Child's Commitment:

In your conversation with this applicant has he or she expressed a sincere desire to achieve a Black Belt and to be a role model in our school?

[ ]Yes [ ]No [ ]Unsure

Student Commitment: _____

Mile High Karate School Use Only:

Approved by Head Instructor? [ ]Yes [ ]No
Approved by Branch Manager? [ ]Yes [ ]No

If Both Yes:

Approved by MHK Leadership Council? [ ]Yes [ ]No

Final Approval to: Master Club - Leadership Program

[ ]Yes [ ]No

MILE HIGH KARATE

Teacher 's Recommendation:

Name:_____ is applying to train in the Mile High Karate Leadership Program. This program is designed to educate our students in the skills of leadership such as, public speaking, public performance, human relations, leadership by example, and many other valuable subjects. This is a very involved program and we would greatly appreciate your input and recommendation.

We would appreciate your recommendation and evaluation.

Attributes and Abilities	Superior	Excellent	Good	Fair	Poor	Unable to Rate
Respect for Teachers:						
Polite in class						
Respectful of Rules and Guidelines						
Respect for Classmates						
Cooperates with classmates						
Respectful of peers						
Role Model:						
Carries self with appropriate respect and consideration						
Academic Aptitude:						
Verbal Skills						
Reading Skills						
Classroom Participation						
Homework Completion						
Attendance						
Personal Responsibility:						
"No Excuses"						
"Does it the first time"						

I personally recommend this student for training in leadership and speaking skills:

[ ]Yes [ ]No [ ] Unsure

I personally recommend this student as a potential role model Martial Artist:

[ ]Yes [ ]No [ ] Unsure

Has this child had any consistent disciplinary problems that you are aware of at school?
[ ]Yes [ ]No [ ] Unsure

If yes, please explain.

Any other feedback that we should consider?
(Feel free to attach a separate sheet of paper)

Teacher: _____

Signature: _____

Phone or E-Mail Address: _____

School: _____

Grade/Class: _____

May we contact you if we have additional questions? [ ]Yes [ ]No

Teacher's – Mile High Karate volunteers throughout the school system to provide school programs, after-school programs, career days, and show & tell presentations. Contact our school if you are interested in a Black Belt Instructor Visiting your school or classroom. For more information call **(800) 229-2286**

You may contact us at: **(800) 229-2286** or www.MileHighKarate.com

Instructor: Chris Radabaugh (Orange City) or ChrisRadabaugh@MileHighKarate.com