

Star Checklist

Character		Physical		30 Day Silver Stars	Gold Perseverance Stars
Respect	Persistence	Stances	Kata	No TV/Video Games	3 minute Horse stance
Responsibility	Diligence	Blocking	Sparring	Eat Healthy No Junk Food	1,000 punches in 10 minutes
Attention	Leadership *	Kicking	Concentration	15 minutes/day Reading	Center, right, and left full split
Kindness	Knowledge	Punching	100% Effort	Topical Study	1,000 jumping jacks in 10 min
Self Control	Cooperation *	Flexibility	Perfect Attendance	Meditate 5 + minutes/day	500 mountain climbers in 5 min
Self Discipline	Helping	Push-ups	Flying Kicks	25 push-ups/day	5 minutes non-stop jump rope
Integrity	Giving	Sit-ups	Spin Kicks	50 sit ups/ day	10 minute motionless
Perseverance	Compassion	Jumping Jacks	Rolls	3 minutes jump rope/day	96 classes in one calendar year
Courtesy	Peace	Mountain Climbers	Ground Fighting	same Kata 3x/day	Mirror image Kata
Courage	Teamwork	Jump Rope	Board Breaking	practice 15 min/day	15 consecutive Chinese crescent kicks
Lower Right Pant		Lower Left Pant		Right Lapel	Left Lapel

This page is for quick reference. Please refer to the website for star and belt criteria.