



# Star Squad

**Star Squad Motto: To develop and enhance Martial Art performance skills as an individual and as a team.**

*Star Squad members are expected to demonstrate humbleness, respect, self discipline, determination, intensity, dedication, positive sportsmanship, focus, and a desire to perform.*

- Must be on BBT
- Must be Red belt or higher
- Expected to know under Black Belt forms (up to your rank) and be able to perform them at a high level of power, speed, depth, intensity, definition, and consistency.
- Must know at least one weapon form
- Expected to attend at least sparring class two times a month
- Expected to attend at least three classes a week
- Expected to be able to run a mile
- Expected to compete at least once a year
- Must be able to speak the creed
- Expected to have a B average report card
- Must be able to do a cart-wheel, a scoot, tornado kick, jump spin wheel kick, pop back front kick, flying spin wheel kick, flying spin hook kick, and a roll.
- Must write an essay on why you would like to be on Demo Team, why you deserve to be on the team, and what you would bring to the team

\* Star Squad will be signified by a patch that goes on members' black belt team uniform.

\* Star Squad members will have an attendance card

\* Star Squad members will be tested twice a year

\*Mr. Henkel can over-rule any requirements as he sees needed

