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TEAMS

LEADERSHIP TEAM

LEADERSHIP TEAM

This team consists of the schools leaders. The team meets every month to learn valuable teaching and motivation skills. The team members are featured throughout the school and wear the special 3-stripe Adidas uniforms. Ask the Leadership Team for assistance. Members receive special patches for their attendance, receive bonus points that are applied to their Black Belt Test and are compensated for their assistance.

TRAINING RETREAT

Twice a year, the White Tiger 21+ Leadership Team is invited to the Beach Retreat training in Myrtle Beach. This event is conducted by Master Rondy and the Grandmasters of the Dragon Society International. This is a great opportunity to cultivate new ideas, refine teaching skills and build camaraderie among the school leaders.

PURPOSE:

To provide help teaching classes
- groom future employees

EXPECTATIONS:

- Responsible for 1 specific class per week
- Must abide by "instructor guidelines" for behavior and appearance
- In and out of the school
- Must be patient and friendly
- Must be reliable, dependable and motivated

RESPONSIBILITIES:

- Read aloud the Black Belt Life Skill for day
- Assist with classes, time management
- "3 Feet Greet"
- Check cards, stickers, goals
- Prep Awards, Belts, Certs for end of class

RECRUITMENT:

- Children at may join at Bodon Belt
- Adults may join at Green Belt

TRAINING:

- Monthly, seminar & social
- Available: training video & quizzes
- Semi Annual Retreat & Seminars for 21+
- Written Test/Hands-on, certification for specific class

COST:

- \$100 to join, covers Leadership Manual & Adidas Uniform presented with certification

BENEFITS:

- Adidas 3 stripe uniform
- Groomed for employment
- Power to test students for stripes
- Summer Fiesta
- Invite to attend Beach Retreat
- Discount \$360/BBC

TIGER TIP

A Leadership Team Member of the Month will be selected each month based upon attendance and leadership skills. Selected students will receive a certificate.



LEADERSHIP PATCHES



LEVEL 4 Issued to students with at least a 3rd degree Black Belt and a minimum of 250 assisted teaching hours.

Requirements include teaching full classes (solo) and also assisted teaching of 1st degree Black Belts.

Minimum 18 years old.



LEVEL 3 Issued to students with at least a 2nd degree Black Belt and a minimum of 150 assisted teaching hours. Requirements include teaching full classes (solo). Minimum 16 years old.



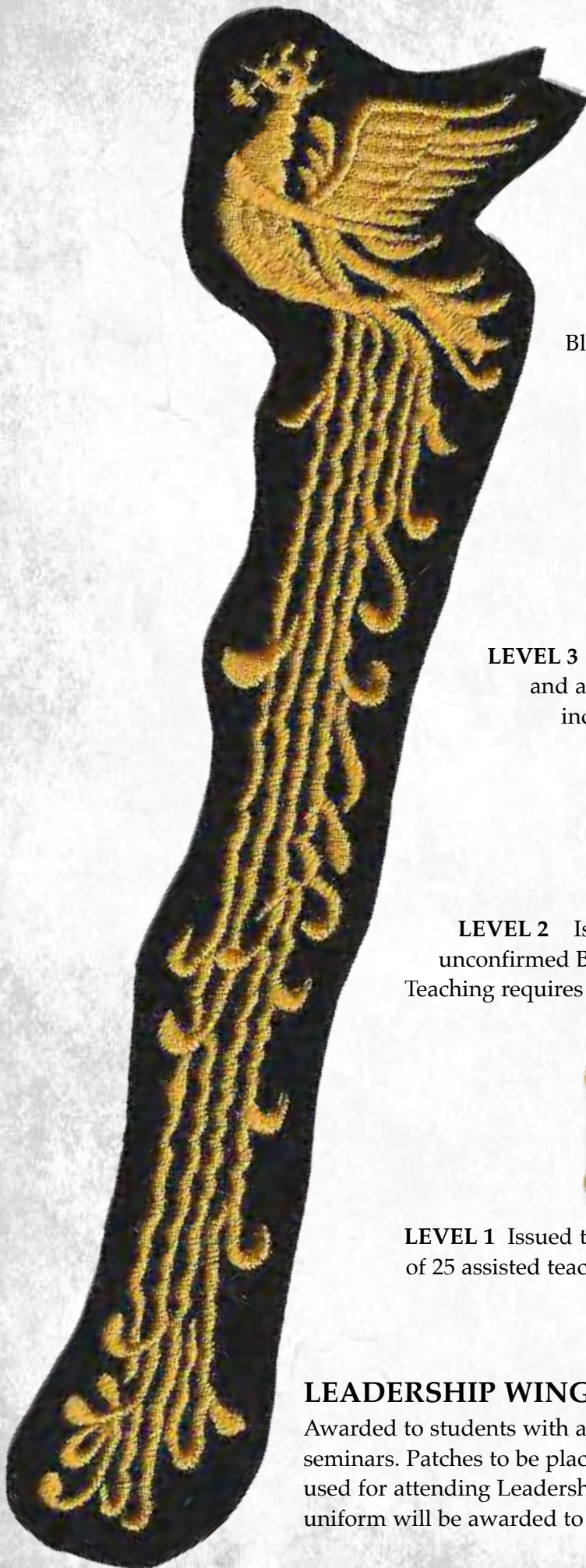
LEVEL 2 Issued to students with at least a 1st degree Black Belt, or unconfirmed Black Belt, and a minimum of 75 assisted teaching hours. Teaching requires knowledge of Korean terminology, warm-up, stretching and some full classes.



LEVEL 1 Issued to students with at least a Red Belt and with a minimum of 25 assisted teaching hours. The Green Leadership card is to be used for assisted teaching hours.

LEADERSHIP WINGS & UNIFORM

Awarded to students with a minimum of 12 hours of training in Leadership Team seminars. Patches to be placed on black "V" of Leadership Uniform. The red card is used for attending Leadership Team seminars. An additional FREE Leadership Team uniform will be awarded to students with 25 hours of Leadership Team seminars.



WHITE TIGER TAEKWONDO LEADERSHIP TEAM

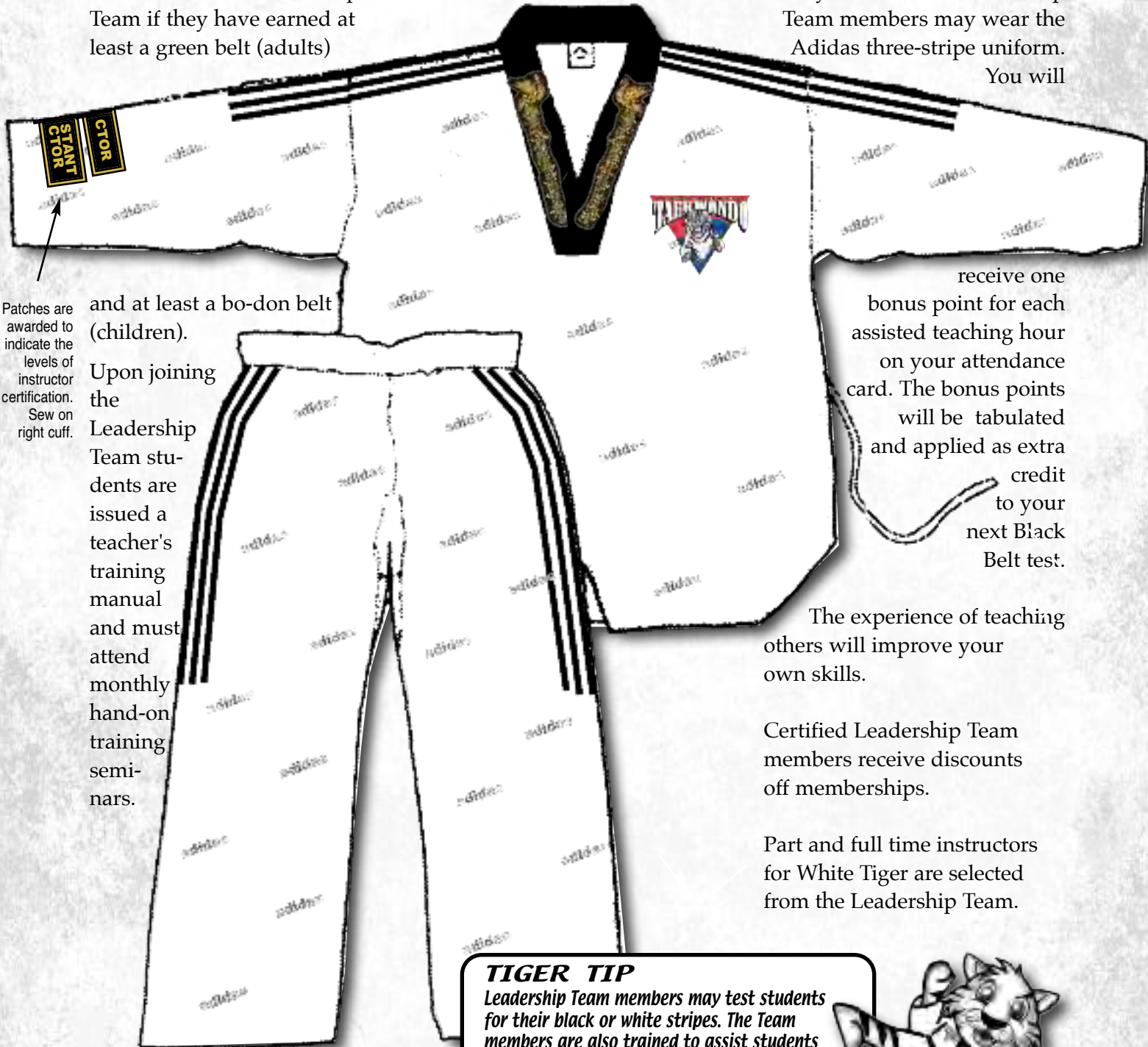
The Leadership Team is an elite team comprised of the school's role models.

Students are eligible to become a member of the Leadership Team if they have earned at least a green belt (adults)

After completing and passing the take-home and hands-on test, students become certified to assist with specialized or all belt classes. After certification,

students are issued a Green Leadership Team card to record attendance and the official Leadership Team uniform.

Only Taekwondo Leadership Team members may wear the Adidas three-stripe uniform. You will



Patches are awarded to indicate the levels of instructor certification. Sew on right cuff.

and at least a bo-don belt (children).

Upon joining the Leadership Team students are issued a teacher's training manual and must attend monthly hand-on training seminars.

receive one bonus point for each assisted teaching hour on your attendance card. The bonus points will be tabulated and applied as extra credit to your next Black Belt test.

The experience of teaching others will improve your own skills.

Certified Leadership Team members receive discounts off memberships.

Part and full time instructors for White Tiger are selected from the Leadership Team.

Students will use their Red Seminar card to record attendance.

TIGER TIP

Leadership Team members may test students for their black or white stripes. The Team members are also trained to assist students with techniques, questions, hold boards or even teaching how to fold the uniform. They are here to help you, just ask.



LADY TIGER & HAPKIDO LEADERSHIP TEAM



LADY TIGER LEADERSHIP TEAM UNIFORM

The black cross over with pink stitching is used for the Lady Tigers Leadership Team. The pink is customized by the student. Lady Tigers earn special pink star patches and pink wings to show their Leadership Levels.

Women wear the cross over uniforms with the right over the left, men wear the uniform right over left.

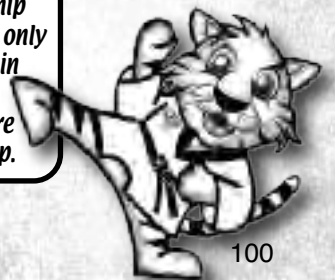
HAPKIDO LEADERSHIP TEAM UNIFORM

The black cross over with white stitching is used for the Hapkido Leadership Team. They also earn Leadership Team patches to be sewn onto the sleeve.



TIGER TIP

Make sure you also have student uniforms. Leadership cannot be your only uniform. When in Leadership uniform, you are expected to help.



TEAM WHITE TIGER - DEMONSTRATION

TEAM WHITE TIGER DEMONSTRATION TEAM

Student and Instructor Demonstration Team. The team practices weekly and performs in demonstrations around the state one or two times a month. The team showcases their skills in synchronized forms, Olympic style sparring, weaponry, self-defense and incredible aerial board breaking techniques.

PURPOSE:

To showcase our school's skills, recruit new students.

EXPECTATIONS:

- 6 month commitment
- Must practice 2X week + regular classes
- Have transportation to events
- Adhere to strict image, appearance & behavior guidelines

RECRUITMENT:

- By audition, every 6 months. Mid March and mid August.
- Students Green Belt & Higher
- Invites awarded at Testing
- Great attitude
- Exceptional skill/special talent

TRAINING:

- 2 additional classes per week
- At least 2-4 demos per month

BENEFIT:

- "Stars" of the school
- Specialized routines, sets to learn
- Rides in the Hummer, Tour Bus
- Summer Fiesta
- Discount \$360/BBC

COST:

- \$100 to audition, covers cost of Demo uniform
- Must have Martial Arts shoes that fit
- Optional - Jacket



TINY TIGER DEMONSTRATION TEAM



WING CHUN DEMO TEAM

PURPOSE:

To showcase our school's Kung fu skills at various demo.

EXPECTATIONS:

- Month by month commitment
- Must purchase Demo Team uniform

RECRUITMENT:

- By request
- Any Rank
- Great attitude

TRAINING:

- Meet 1x month after regular class
- One demo per quarter

COST:

- no costs to join this team

BENEFIT:

- Help grow the Kung fu program
- Summer Fiesta

TINY TIGERS DEMO TEAM

This demo team is pre-demo team or springboard for Team White Tiger in the future. For young, inexperienced or low rank students.

PURPOSE:

To showcase our school's skills at in-house birthday parties.

EXPECTATIONS:

- Attend 2 practices per week + regular classes
- Attend in-house demos
- Positive attitude
- Cooperative parents

RECRUITMENT:

- By request

- Any age, rank, including Tiger tots
- Great attitude

TRAINING:

- 2 thirty minute classes per week
- Taught by a Junior Member/Instructor

COST:

- no costs to join this team

BENEFIT:

- Inclusion for lower ranks
- Springboard for Demo Team
- Special Costumes during shows
- Summer Fiesta



COUNSELOR TEAM

For student who enjoy working with children and children's activities. Students are eligible to join the team at 13 years old.

The team meets in the spring to prepare for the upcoming spring and summer camps.

PURPOSE:

Assistance with camps and children's activities

EXPECTATIONS:

- Maturity
- First aid or Babysitting certification
- Must be able to volunteer a minimum of 3 weeks of summer camp/ various events to be eligible for the annual trip to amusement park.

RECRUITMENT:

- Invite placed on card
- Applications available
- Ideal for 13-15 year olds with working parents

TRAINING:

- Monthly seminar
- Follow Checklists
- First Aid training

COST:

- No cost to join

BENEFIT:

- Team Polo Shirts
- Work Experience
- Parents have place for "teen"
- Free Pizza Party every summer Friday
- End of summer Amusement Park Trip
- Summer Fiesta
- Discount \$360/BBC



JR. MANAGEMENT TEAM

MANAGEMENT TEAM

The management team meets every month to learn the ins and outs of managing a Martial Arts school. Students will receive hands-on training in computer skills, inventory, record keeping, enrollment, special events planning, designing and marketing and school maintenance. Members are groomed for future employment. Let the office know if you would like to be considered for this team. Member selection is by Golden Ticket.

PURPOSE:

Help with standard office procedures. To groom future managers and possible satellite location owners.

EXPECTATIONS:

- Guardians of the school "Noon-chi"
- Must pass the band-aid test
- Volunteer and learn for 1 hour per week in office



- Responsible for specific Department of the school, departments will rotate each month
- Must be able to multi-task
- Must be a problem solver
- Personally selected by Master Rondy
- Invited to join the team with a Golden Ticket

COST:

- No cost to join

TRAINING:

- Monthly seminar
- Access to Management Team Games
- Video Library & Quizzes

BENEFIT:

- Name Tags to wear while working
- Mailbox in the office/meeting minutes
- Work Experience
- Allowed in office
- Time Card - Payroll with Taekwondough
- Special trips/events
- Annual trip to the NC State Fair
- Annual movie - Willy Wonka
- Summer Fiesta
- Discount \$360/BBC



COMPETITION TEAMS



LADIES ELITE POOM-SAY COMPETITION TEAM

White Tiger has the highest number of high ranking female practitioners under one roof. These women go above and beyond to encourage other women to step outside their comfort zone to be amazed at what they can achieve.

EXPECTATIONS:

- Be supportive of other members
- All members assist with teaching
- Attend tournaments for support

RECRUITMENT:

- All Ladies - invited by team

COST:

- No cost to join
- Cover own travel expenses, coach for each other

BENEFIT:

- Camaraderie
- Improve skills
- Weekend Tournament Trips

ELITE SPARRING TEAM

Like to spar? Like to compete? This team is for you. This class is taught by International Referees and certified Coaches to prepare you for stepping in the ring. Bring your full gear. This class is tough. No crying.

EXPECTATIONS:

- Must have medical insurance
- Must have proper gear
- Must be consistent in training

RECRUITMENT:

- Green belt & higher
- Show up ready to train
- Ideal for the Student/ Parent who wants more



of a challenge

TRAINING:

- Extra 90 min Elite Sparring class

COST:

- Upgraded Sparring Gear - optional
- Coach fees if needed at games if needed
- Tournament travel fees

BENEFIT:

- Extra Training
- Attend Tournaments
- Travel Opportunities
- Spirit of Competition

YOUTH AND CADET POOM-SAY COMPETITION TEAM

White Tiger has a specialty team for the crucial 10-13 age in competition. The team is selected by audition and meets with a coach 2 times per week. Students may compete on a local, state, national and international level.

EXPECTATIONS:

- "Never give up" attitude
- Need proper uniform for competition

RECRUITMENT:

- Green belt & higher, ages 10-13 years old
- Auditions offered 2 times per year

COST:

- Uniforms
- Tournament & Travel fees

CHARITY TEAM



THE COMMUNITY CARES PROGRAM

PURPOSE:

The White Tiger Community Cares Program was created by White Tiger Taekwondo in an effort to use our skills to positively impact the community. The program works in conjunction with the Cary Police Department and benefits At-Risk children. The program provides training in Martial Arts with an emphasis on the Black Belt Life Skills such as: Focus and Concentration, Integrity, Perseverance, Self Control, Motivation, Positive Attitude, Dependability, Responsibility, Respect, Honor and so on. White Tiger employees, The Cary Police Department and other local businesses donate their time,

facility, and transportation for the program. White Tiger Black Belt Candidates earn and donate funds to pay for the participants' expenses. This training program is offered entirely free of charge for the participant. There are no fees for the participant for equipment or services. The participants must earn their equipment, testing fees, books, tickets to special events by providing this completed document from their school teacher as well as providing evidence of satisfactory school grades. The Program has become very successful - both with the attendees staying in school - and White Tiger candidates raising revenue for the program. The program can send the graduates to college on a full scholarship.

EXPECTATIONS:

- Instructors - dependability every week
- Team member - tied in with community
- Handle press & media

RECRUITMENT:

- Pre-college Students
- Everyone testing to Black Belt
- Humanitarians

TRAINING:

- Experience from Leadership Team

BENEFIT:

- Personal Satisfaction "Changing Lives"
- Letter of Recommendation
- Awards, recognition



REDMAN - ANTI BULLY TEAM

PURPOSE:

To provide real life self defense through scenario training.

EXPECTATIONS:

- Keep track of testing schedule, be prepared for 6 seminars a year (always the Monday after regular testing during sparring class)
- Teach special "self defense" seminars
- Keep up on education, review the training tapes

RECRUITMENT:

- Mature Black Belts
- ideal for:*
- Black Belts with physical limitations but want to teach & be involved
 - Black Belts with time limitations
 - Special Interest

COST:

- No fee to join

TRAINING:

- Class experience
- Seminar Training
- Printed Materials
- Access to Video Library
- Annual DSI Convention

BENEFIT:

- Personal Satisfaction
- Keep Active - instructors
- News coverage
- Summer Fiesta
- Discount \$360/BBC

