

As a Martial Journey Sun, you are raised up as the shining example to follow. With this come added responsibilities. The Sun has the power to motivate and encourage growth, but the same power can also scorch and destroy. This should be considered responsibly before you take on the role and its challenges.

Membership into the Sun Team requires the student to complete a one day seminar and undergo training in personal development, leadership and communication skills.

As a sign of your commitment, we require you to complete and submit the following application:

Name: _____

Date of application: _____

Are you training at a minimum of 2 classes each week? Yes No

Do you practice outside of class times on a regular basis? Yes No

Are you committed to achieving your black belt? Yes No

Do you attend our school's extra-curricular activities or social events? Yes No

Do you support fellow students by attending their gradings? Yes No

Assignment

In your own words, please submit an essay about **your idea of a role model**.

Who do you consider a good role model and why?

How will you fulfil this role within our school?

What do you aspire to be?

How do you wish to contribute?

The above are some of the topics you may choose to cover. There are no word limits, so it can be as long or as short as you feel necessary. We just want your point of view.