



# United Academy of Martial Arts

## Esteem Leadership Program

### *A brief look into our leadership programs.*

The martial arts were originated to be a self-defense system and today as we train it continues to be the main purpose. For several people they see self-defense as the act of protecting themselves from others through physical means such as blocking, kicking, and punching. The physical aspect is a part of self-defense training, but the ultimate form of self-defense is actually more internal. To train at the highest level of self-defense it becomes important to place a high emphasis on the development of the character. Gichin Funakoshi, founder of Shotokan karate once said, “The ultimate aim of karate lies not in victory or defeat, but in the perfection of the character of its participants.” Self-defense must first start with how we take care of ourselves leading to a healthier lifestyle, creating healthier relationships, and self-motivating in our efforts to evolve into the best version of ourselves. Understanding this importance, UAMA has established 3 Leadership programs to help with this higher level of self-defense.

#### **Black Belt Club:**

The Black Belt Club (BBC) is our level 1 Leadership Program. Members learn that, “A Black Belt is simply a white belt that never gave up.” The purpose of the club is to help and guide students not only to set goals but how to achieve their goals. The club consist of instructors and students who are there to help and support each other to their journey of Black Belt and beyond. The BBC program meets and hold special classes once a month.

#### **Esteem Leader:**

The Esteem Leader is our Level 2 Leadership Program. While the Black Belt Program is designed to help a person’s individual goal, the Esteem program is designed to teach how to be leaders at UAMA and more importantly, our community. Students who participate in the Esteem Program will take 4 workshops to learn foundational skills and principals on how to be a positive and inspirational leader.

#### **Instructor Program:**

The Instructor Program is our level 3 Leadership Program. After completing the Esteem workshops, students will take what they learned and put it into practice. Our Esteem Leaders will assist a minimum of one class per week, help out with academy activities and participate in a once a month continuing education on leadership principle throughout the year. The Instructor program opens up the opportunity to earn instructor ranks of Cho Gyo Nim, Sa Bum Nim and Kwan Jang Nim. The purpose of the program is to develop healthy leadership habits and be a part in creating a positive culture in which all our members feel they have a place where they can Belong, Achieve and Succeed.