



INVICTUS™
MARTIAL ARTS

ACHIEVEMENT STRIPE PROGRAM

The Invictus Achievement Stripe Program was developed to encourage all students under the age of 18 to succeed not just in the martial arts, but in all aspects of life as well. Achievement stripes are a great way to help build a student's self-esteem, develop a positive attitude, and encourage practice of successful life-skills.

The program's goal is to help instill the habit of demonstrating continuous improvement and effort in leadership conduct* in all areas of life:



1. Exercise self-control, self-respect, and self-discipline
2. Demonstrate a positive attitude
3. Respect the rights and feelings of others
4. Respect personal property and the property of others
5. Support the learning process
6. Adhere to rules and guidelines
7. Promote a safe environment



Achievement stripes are awarded after their training has concluded for the day and must be maintained to advance to their next belt rank. This is one way that Invictus Martial Arts uses positive reinforcement in a student's skill and ability development.

Courtesy Stripe (Red), The Home Stripe (ages 3-12)

This stripe is awarded to all students and must be maintained by showing respect and honor to parents, siblings, and family members. Examples include saying "Yes Sir/Yes Ma'am" to parents/guardians, completing chores without being asked, being nice to brother/sister/neighbors, etc.

Effort Stripe (White), The Academic Stripe (ages 3-12)

This stripe is awarded when a student completes homework assignments on-time, gets a good progress report, or achieves recognition for a well-done effort at school. Examples include saying "Yes Sir/Yes Ma'am" to teachers/faculty/staff, completing class assignments without being asked, being nice to classmates, adherence to school code of conduct, etc.

Attitude Stripe (Blue), The Academy Stripe (ages 3-12)

The instructor will award a student this stripe when they show great "lead by example" attitude in class or significant improvement in a certain skill. Examples include responding to all instructor questions and directions with "Yes Sir/Yes Ma'am" and readily follow commands consistently and typically without being asked multiple times.

Commitment Stripe (Silver), The Training Stripe (ages 3-17)

The instructor will award a student this stripe when they demonstrate responsibility and dedication to class attendance and participation (minimum of 10 classes). This stripe is mandatory of all students to be eligible to promote to their next rank. Examples include bringing proper gear to class, clean uniforms with proper patches, active listening and training during class, etc.

**Based on Leander ISD "Standards of Student Conduct"*