

# CADET TRAINING MANUAL

Educating our Junior Members to be effective and functional Senior Members.



# Winter 2016

Written by:

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## Manual Revision History Winter 2016 (February 2016)

Issuance of the Cadet Training Program – All materials noted in this manual are completely fresh and up to date. By the very nature of this being the first version. All materials are new.



## Contents

Manual Revision History	2
Winter 2016 (February 2016)	2
Cadet Training Program	4
Training Units	4
The Naomi Wildman School	4
122 <sup>nd</sup> MTU – "The Ripples"	4
Cadet Officers	4
Senior Crew Members	4
Junior Crew Members	5
Cadet Ranks	
Cadet Senior Officers	
Cadet Junior Officers	
Cadet Trainee	
Cadet Awards	3
Scholastic Achievement Awards	3
Leah Brahms Award of Excellence	3
Physical Achievement Awards	9
Order of moQbara	
Service Achievement Awards	10
Opaka Sulan Achievement Award	10
Appendix I: Cadet Training Worksheet	12
Appendix II: Cadet Special Projects Worksheet	13
Book Reports	13
Actor/Actress Research Papers	
Junior & Senior Cadet Projects	14
Appendix III: Promotion Record	14

## **Cadet Training Program**

To accommodate the children onboard the USS Gallifrey the Cadet Training Program has been started to help aid these junior members of the crew on the path to becoming functioning senior members of the crew upon their 18<sup>th</sup> birthdays.

The purpose of this program is to groom our Junior Members (ages 17 and under) to eventually assume leadership roles not just within STARFLEET but in their mundane lives. It will teach them various life skills as well as provide a structure of reward and advancement for those who excel within it.

#### **Training Units**

#### The Naomi Wildman School

The Naomi Wildman School is the Fleet version of this program. Members who are not part of the MSG shall have their children assigned to the Naomi Wildman School. The children in the Naomi Wildman School shall be directly overseen by the Teacher's Assistant and Resident's Assistant for their scholastic needs.

### 122<sup>nd</sup> MTU – "The Ripples"

The 122<sup>nd</sup> MTU is the Marine version of this program. Members of the MSG's children shall be assigned to the MTU for their training. For the 122<sup>nd</sup> MTU they shall be overseen by the Cadet Captain and the Cadet Sergeant Major for their training regimen.

#### Cadet Officers

#### Senior Crew Members

These Officers must be ages 18 and older, as well as no longer a member of the Cadet Program.

## Cadet Training Officer

Cadet Corps Commander Requirements [CCC]: 4 Diplomas from any school offering Cadet courses (including the Cadet Academy), PD-100, PD-138.

The Cadet Training Officer is responsible for the training of our Cadet (under 18 members) as well as seeing their staff "The Cadet Corps." Additionally the Cadet Training Officer in affiliation with the Education Officer shall establish a rewards program (ribbons/commendations) for those that excel in their mundane and fleet level scholastic studies.

The Cadet Training Officer will oversee both the 122<sup>nd</sup> MTU and the Naomi Wildman School. They may at their discretion after a size of 10 cadets in either appoint a Sergeant Major to the 122<sup>nd</sup> MTU to oversee that exclusively as well as appoint a Headmaster/Headmistress to oversee the Naomi Wildman School.

## Sergeant Major, 122<sup>nd</sup> MTU

Sergeant Major, 122<sup>nd</sup> MTU Requirements [CCC]: 4 Diplomas from any school offering Cadet courses (including the Cadet Academy), PD-100, PD-138.

The Sergeant Major, 122<sup>nd</sup> MTU shall have as their primary job to assist the Cadet Training Officer in administrating the MTU when the MTU size exceed 10 Cadets. When enacted the Cadet Captain shall report to the Sergeant Major instead of the Cadet Training Officer.

The Sergeant Major shall also have as part of their duties to create 1 Cadet Program per 3 months to be submitted to the STARFLEET Marine Academy.

The Cadet Training Officer may activate/inactivate this position at their discretion.

#### Headmaster/Headmistress, Naomi Wildman School

Headmaster/Headmistress, Naomi Wildman School Requirements [CCC]: 4 Diplomas from any school offering Cadet courses (including the Cadet Academy), SAOC 202 & SAOC 203

Headmaster/Headmistress, Naomi Wildman School shall have as their primary job to assist the Cadet Training Officer in administrating the Naomi Wildman School when the school's size exceeds 10 Cadets. When enacted the Cadet Teacher's Assistant shall report to the Headmaster/Headmistress instead of the Cadet Training Officer.

The Headmaster/Headmistress also have as part of their duties to create 1 Cadet Program per 3 months to be submitted to the STARFLEET Academy.

The Cadet Training Officer may activate/inactivate this position at their discretion.

#### Junior Crew Members

These Officers come from within the Cadet Program and are a method of grooming them for larger responsibilities upon their graduation of the Cadet Program.

#### Naomi Wildman School

#### Cadet Teacher's Assistant

Cadet Teacher's Aide Requirements [CTA]: 4 Diplomas from any Cadet Course in either STARFLEET Marine Corps Academy or STARFLEET Academy

The Cadet Teacher's Assistant shall be a member between the ages of 13 and 17, and shall work in unison with the Cadet Training Officer to oversee the Cadet Training Program. The Cadet Teacher's Assistant shall write an article for inclusion into the newsletter on items that might pertain to cadets.

#### Cadet Resident's Assistant

The Cadet Resident's Assistant shall oversee the Cadets and report to the Cadet Teacher's Aide any problems in relation to the Cadets. They shall be the intermediary between the Cadets in the program and the Cadet Teacher's Aide. Additionally, the Cadet Resident's Assistant shall work on development of a Cadet Training Program to help groom the Cadets to become full members of the crew upon their 18th birthday.

## 122<sup>nd</sup> MTU – "The Ripples"

#### Cadet Captain

Cadet Captain Requirements [CCpt]: 4 Diplomas from any Cadet Course in either STARFLEET Marine Corps Academy or STARFLEET Academy

The Cadet Captain shall be a member between the ages of 13 and 17, and shall work in unison with the Cadet Training Officer to oversee the Cadet Training Program. The Cadet Captain shall write an article for inclusion into the newsletter on items that might pertain to cadets.

#### Cadet Sergeant Major

Cadet Captain Requirements [CSGM]: 4 Diplomas from any Cadet Course in either STARFLEET Marine Corps Academy or STARFLEET Academy

The Cadet Sergeant Major shall oversee the Cadets and report to the Cadet Captain any problems in relation to the Cadets. They shall be the intermediary between the Cadets in the program and the Cadet Captain. Additionally, the Cadet Sergeant Major shall work on development of a Cadet Training Program to help groom the Cadets to become full members of the crew upon their 18<sup>th</sup> birthday.

#### Cadet Ranks

Upon "completion" of Cadet Program (i.e. Turning 18 years old) the Cadet will be transferred to the corresponding rank of Senior Membership provided they fulfill the following requirements within 90 days of their 18<sup>th</sup> Birthday. These requirements will ensure that each Cadet graduating from the Cadet Training Program possess the skills to excel not only in STARFLEET but in the mundane world as well.

For any Cadet Marine Rank (regardless of Non-Commissioned/Enlisted or Commissioned) the Cadet in question must take and pass PD-100 to transfer over to a Non-Cadet Marine Rank. If they do not, they will transfer over at the applicable Fleet Level equivalent.

Note: These courses may also be taken to fill in any of the requirements for their Cadet ranks. This might be a very worthwhile path for those seeking the Ca-11 and Ca-12 Grades for the Cadet program (Though not required, but to graduate from the Cadet Training Program one must also take these courses).

Course ID	Course Name	Date	Grade				
STARFLEET A	STARFLEET Academy Orientation College						
SAOC-101	Rules & Regulations						
SAOC-102	How to take a course – Part I						
SAOC-103	How to take a course – Part II						
STARFLEET C	ollege of Law						
COL-202	STARFLEET Procedure	37					
STARFLEET C	ollege of English						
COE-101	The Art of English – An Introduction						
COE-201	Punctuation						
COE-202	Clauses						
COE-203	Objects, Modifiers & Word Order	enanti serensi					
COE-204	Sentences						
COE-205	Paragraphs & Sections						
STARFLEET So	chool of Security						
COS-101	TOS Rank Recognition						
COS-104	TNG Rank Recognition						
COS-105	ENT Rank Recognition						
STARFLEET C	ollege of Mathematics						
<b>MATH-103</b>	Math Refresher						
<b>MATH-107</b>	Introduction to Trigonometry						
MATH-108	Introduction to Algebra						
MATH-201	Introduction to Numbering Systems						
MATH-202	Introduction to Boolean Algebra						

If a Cadet has achieved the grades of Ca-12 or Ca-13 they will also be required to take and pass the following in addition to the above within the same 90 days of their 18<sup>th</sup> Birthday or their rank will transfer over as the highest Non-Commissioned Rank available.

Note: Any cadet fulfilling both the Ca-12 requirements and completing both the courses denoted above and those denoted below will also if not fulfilling the requirements for their first Boothsby award, be extremely close to fulfilling them.

Course ID	Course Name	Date	Grade			
STARFLEET O	fficer Training School					
OTS-101	Officer Training School					
STARFLEET O	fficer Command College					
OCC-101	Officer Command College					
	SFMCA School of Professional Development					
*These only apply for those Cadets which are graduating from the 122 <sup>nd</sup> MTU – "The Ripples" and wish to keep their Marine Rank. If they do						
not complete these but have completed both OTS-101 and OCC-101 they will transfer over to their Fleet rank equivalents						
PD-100	Marine Basic Training					

Course ID	Course Name	Date	Grade
PD-150	Introduction to Field & Mess Dress		
PD-205	Marine Essentials Tasks List		

Each Cadet shall have a Cadet Project assigned to them for promotions from Cadet Trainees to Cadet Junior Officers (assigned by the Executive Officer [XO]), and from Cadet Junior Officers to Cadet Senior Officers (assigned by the Commanding Officer [CO]). Each Cadet Project shall be personalized for the Cadet in Question.

In the cases of courses that the Cadet in question has "aged out" of the requirements to take; the Cadet Training Officer shall select an alternative class within their age group from the appropriate academy (SFMCA or SFA) for the cadet to take as an alternative.

#### **Cadet Senior Officers**

Cadet Senior Officers shall be those Cadets of ages 16 or Older. This track is more intensive with more courses required to advance to and within. This is done to ensure that these cadets are ready to take a place in the world around them. The cadets in question are expected to take those courses which will allow them to graduate from the Cadet Training Program and keep their ranks upon promotion to the Senior Crew.

Grade	Naval Rank	Marine Rank	Time in Grade (Months)	Courses Required	Notes
Ca-13	Cadet Lieutenant (Junior Grade)	Cadet 1 <sup>st</sup> Lieutenant	3	45	Three (3) additional book reports on Star Trek novels
Ca-12	Cadet Ensign	Cadet 2 <sup>nd</sup> Lieutenant	3	30 + SFA: CPC 101	Have Completed Sr. Cadet Project assigned by CO

#### Cadet Junior Officers

Cadet Junior Officers shall be those Cadets of ages 13 or Older

Grade	Naval Rank	Marine Rank	Time in Grade (Months)	Courses Required	Notes
Ca-10	Cadet Crewman	Cadet Master Gunnery Sergeant	3	16 + LD 9	Two additional research paper on an actor from Star Trek
Ca-9		Cadet Master Sergeant	3	15	
Ca-8	Cadet 1st Class	Cadet First Sergeant	3	13 +SFA: CVAS 200	One research paper on an actor from Star Trek
Ca-7		Cadet Gunnery Sergeant	3	12	
Ca-6		Cadet Staff Sergeant	3	11	
Ca-5	Cadet 2 <sup>nd</sup> Grade	Cadet Sergeant	3	8 + LD 8 + SFA: CCOM 102	Have completed Jr. Cadet Project assigned by XO

#### **Cadet Trainee**

Cadet Trainees shall include all cadets regardless of age.

Grade	Naval Rank	Marine Rank	Time in Grade (Months)	Courses Required	Notes
Ca-4		Cadet Corporal	3	8	

Grade	Naval Rank	Marine Rank	Time in Grade (Months)	Courses Required	Notes
Ca-3	Cadet 3 <sup>rd</sup> Grade	Cadet Lance Corporal	3	5 + SFA: CVAS 100 + SFA: CCOM 101	One book report on a Star Trek Novel
Ca-2		Cadet Private 1 <sup>st</sup> Class	3	3	
Ca-1	Cadet	Cadet Private	0	0	

### Cadet Awards

These awards shall encompass the mind, body and community spirit of the cadets. Each award is meant to encourage the cadets to excel in all areas. These Cadet awards may be added to at any time by any member of the Senior Staff of the USS Gallifrey as well as the Cadet Training Officer and Cadet Captain.

The Cadet Captain will need to find a co-sponsor among the Senior Staff and/or Cadet Training Officer prior to any awards they issue being added into the official rolls.

#### Scholastic Achievement Awards

These Scholastic Achievement Awards are not meant for endeavors within STARFLEET Academy or STARFLEET Marine Academy; they are meant to recognize achievement outside of the various STARFLEET Academies.

#### Leah Brahms Award of Excellence

This Award of Excellence is awarded to those cadets who during the course of their mundane studies maintain an above average GPA. This award comes in three Orders of magnitude and are as such

- 1st Class The student has maintained for the period of 1 grading cycle a GPA of 4.0, equivalent to an A+ or "Exceeds Expectations" in all areas.
- 2nd Class The student has maintained for the period of 1 grading cycle a GPA of 3.5 or Better, equivalent to an A or "Exceeds Expectations" in at least 4 areas.
- 3<sup>rd</sup> Class The student has maintained for the period of 1 grading cycle a GPA of 2.5 or Better, equivalent to a B or "Exceeds Expectations" in at least 2 areas.

Unfortunately, due to the nature of this award there are no "Honorable Mentions" able to be noted into the Cadet Files. Being "Average" or merely "Meeting Expectations" is contrary to what the intention is meant to be.

#### **Bronze Cluster**

The Bronze Cluster is used to denote those who have achieved these awards while in a 9th to 12th Grade Curriculum.

#### **Silver Cluster**

The Silver Cluster is used to denote those who have achieved these awards while pursuing Undergraduate level studies in College.

Note: The Silver and Gold Clusters are the only Cadet Awards that may by their nature be given to a Senior Member of the crew; the only stipulation is that the member in question must have also received either non-adorned or Bronze Cluster of this award. These versions are "continuation" awards for work achieved while in the Cadet Program to encourage the former Cadets to continue to excel.

#### **Gold Cluster**

The Gold Cluster is used to denote those who have achieved these awards while pursuing Graduate level studies in either College (Masters or PhD Programs), Medical School or Law School.

- The PhD level awards may be denoted with an Open Gold Book adorned in the middle of the award.
- The Law School awards may be denoted with a Gold Quill adorned in the middle of the award.
- The Medical School awards may be denoted with a Gold Caduceus adorned in the middle of the award.
- The Theological awards (if the student has entered the Clergy of their religion) they may display a Golden version of their religious symbol adorned in the middle of the award.

In the case that there can be multiple charges in the award, the cadet in question may at their options display multiples of this award on their uniform/case.

Note: The Silver and Gold Clusters are the only Cadet Awards that may by their nature be given to a Senior Member of the crew; the only stipulation is that the member in question must have also received either non-adorned or Bronze Cluster of this award. These versions are "continuation" awards for work achieved while in the Cadet Program to encourage the former Cadets to continue to excel.

#### Physical Achievement Awards

The Physical Achievement Awards are to ensure that our Cadets are developing a healthy lifestyle to take with them into their lives around them.

#### Order of moQbara

This award shall recognize those cadets who have excelled in the President's Youth Fitness Program. The cadets parents shall act in proxy to grade and rate their child in the pursuit of this award. Cadets shall be able to be tested once per 4-months for this award.

Additional issuances of this award will allow the student to "progress" in their belts for this style. These shall be stylized as "Kung Fu" Waist Sashes; listed highest to lowest they are:

- 1. Grandmaster 39th Issuance
- 2. Master 32<sup>nd</sup> Issuance
- 3. Black 24<sup>th</sup> Issuance
- 4. Brown 18<sup>th</sup> Issuance
- 5. Blue 10<sup>th</sup> Issuance
- 6. Green 6<sup>th</sup> Issuance
- 7. Yellow 3<sup>rd</sup> Issuance
- 8. White 1<sup>st</sup> Issuance

This award shall be given to each cadet who achieve a grade of "HFZ – Healthy Fitness Zone" in at least one category on their FitnessGRAM.

- 1st Class The Cadet has scored an "HFZ" in all 5 areas of the FitnessGRAM
- 2nd Class The Cadet has scored an "HFZ" in 3 to 4 areas of the FitnessGRAM.
- 3<sup>rd</sup> Class The Cadet has scored an "HFZ" in 2 areas of the FitnessGRAM,

Even if a Cadet does not meet the requirements for a 3<sup>rd</sup> Class award, but they have still scored an "HFZ" in at least 1 area of the FitnessGRAM they will receive an "Honorable Mention" to be noted into their Cadet File.

Note: "Honorable Mentions" will not allow a student to advance to the next rank.

Cadets who have consistently made strides towards their Black Waist Sash in the Order of moQbara may at their discretion petition the Cadet Training Officer and Commanding Officer for permission to continue that progression after their 18<sup>th</sup> Birthday, in those cases they will be assigned the Presidential Fitness Award Program to continue to advance.

- PALA+ Promotion to Green Waist Sash
- Bronze Achievement Promotion to Blue Waist Sash
- Silver Achievement Promotion to Brown Waist Sash
- Gold Achievement Promotion to Black Waist Sash
- Platinum Achievement (1x) Promotion to Master Status
- Platinum Achievement (2x) Promotion to Grandmaster Status

#### **Bronze Honor Sash**

Additionally, complete 30-Days of the NFL Play60 Challenge (http://www.nfl.com/play60). The Cadets parent must verify that this has been completed. The Cadet must have also earned the Yellow Waist Sash (3<sup>rd</sup> Issuance of the Order of moQbara) to be eligible for this augmentation.

#### Silver Honor Sash

Additionally, Complete 90-Days of the NFL Play60 Challenge (http://www.nfl.com/play60). The Cadets parent must verify that this has been completed. The Cadet must have also earned the Blue Waist Sash (10<sup>th</sup> Issuance of the Order of moQbara) to be eligible for this augmentation.

#### Gold Honor Sash

Additionally, complete 180-Days of the NFL Play60 Challenge (http://www.nfl.com/play60). The Cadets parent must verify that this has been completed. The Cadet must have also earned the Black Waist Sash (24<sup>th</sup> Issuance of the Order of moQbara) to be eligible for this augmentation.

#### Service Achievement Awards

#### Opaka Sulan Achievement Award

This award is meant to recognize those Cadets who are active in their communities via Community Service. To be eligible for this award the Cadets parents must attest to the completion of these activities.

- 1st Class
  - o 5 to 10 year olds 75+ Hours
  - o 11 to 15 year olds 100+ Hours
  - o 16 to 17 year olds 250+ Hours
- 2<sup>nd</sup> Class
  - o 5 to 10 year olds 50 to 74 Hours
  - o 11 to 15 year olds 75 to 99 Hours
  - o 16 to 17 year olds 175 to 249 Hours
- 3rd Class
  - o 5 to 10 year olds 26 to 49 Hours
  - o 11 to 15 year olds 50 to 74 Hours
  - o 16 to 17 year olds 100 to 174 Hours

Even if a Cadet does not meet the requirements for a 3<sup>rd</sup> Class award, but they have still completed at least 10 hours of Community Service, they will receive an "Honorable Mention" noted into their Cadet File.

#### **Bronze Cluster**

The Bronze Cluster is awarded to those cadets who exceed the 1st Class requirements by double the required amount of hours.

## **Silver Cluster**

The Silver Cluster is awarded to those cadets who exceed the 1st Class requirements by triple the required amount of hours.

## **Gold Cluster**

The Gold Cluster is awarded to those cadets who exceed the  $1^{\rm st}$  Class requirements by quadruple the required amount of hours.



## Appendix I: Cadet Training Worksheet

Cadets are expected to have this sheet completed up to the rank they wish to be promoted to. In some of these cases there will be Marine Rank(s) between Fleet Ranks, the Cadet in question, even if they are following Fleet Ranks, is still responsible for the material at the Marine Rank level. The Marine Ranks offer smaller incremental steps between the corresponding Fleet Rank promotions.

Additionally, in many cases both Marine Cadets and Fleet Cadets will be required to take classes from the other's academy in order to progress up their promotion tiers. This is done intentionally to expose both members to the other Academies.

Course ID	Course Name	Date	Grade
	et 1st Lieutenant / Cadet Lieutenant (Junior Grade)	Date	Grade
[Ca-12] Cauc	tr Eleutenant / Cauct Eleutenant (bullor Grade)		
		NEWS .	
	t 2 <sup>nd</sup> Lieutenant / Cadet Ensign		
CPC-101	OTS & OCC Preparation (Ages 10 to 18 years old)		
1000			
		- · · · /	
Cadet Junior	Offices		
	et Master Gunnery Sergeant / Cadet Crewman		
LD-9	Cadet Leadership Development (GRD4)		
[Ca-9] Cadet	Master Sergeant		
[Ca-8] Cadet	First Sergeant / Cadet, 1st Grade		
CVAS-200	Logic Exam (Ages 10 to 18 Years Old)		
[Ca-7] Cadet	Gunnery Sergeant		
· · · · · · · · · · · · · · · · · · ·	· · · · · · · · · · · · · · · · · · ·	·	

Course ID	Course Name	Date	Grade					
[Ca-6] Cadet	[Ca-6] Cadet Staff Sergeant							
[Ca-5] Cadet	Sergeant / Cadet, 2 <sup>nd</sup> Grade							
LD-8	Cadet Leadership Development (GRD3)							
CCOM-102	Cadet Secondary Math (Grades 8 to 10)							
Cadet Traine	es							
[Ca-4] Cadet	Corporal							
[Ca-3] Cadet	Lance Corporal / Cadet, 3 <sup>rd</sup> Grade							
CVAS-100	Logic Exam (Ages 6 to 9 Years Old)							
CCOM-101	Cadet Elementary Math (Grades 4 to 7)							
[Ca-2] Cadet	Private, 1st Class							
[Ca-1] Cadet	Private / Cadet							

# Appendix II: Cadet Special Projects Worksheet

Project Date Completed Cadet Training Officer (or Parental) Signature	
[Ca-12] Cadet 1st Lieutenant / Cadet Lieutenant (Junior Grade)	
Three (3) additional book reports on Star Trek novels	
[Ca-11] Cadet 2 <sup>nd</sup> Lieutenant / Cadet Ensign	
Have Completed Sr. Cadet Project assigned by CO	
[Ca-10] Cadet Master Gunnery Sergeant / Cadet Crewman	
Two additional research paper on an actor from Star	
Trek	
[Ca-9] Cadet Master Sergeant	
[Ca-8] Cadet First Sergeant / Cadet, 1st Grade	
One research paper on an actor from Star Trek	
[Ca-7] Cadet Gunnery Sergeant	
[Ca-6] Cadet Staff Sergeant	
[Ca-5] Cadet Sergeant / Cadet, 2 <sup>nd</sup> Grade	
Have completed Jr. Cadet Project assigned by XO	
[Ca-4] Cadet Corporal	
[Ca-3] Cadet Lance Corporal / Cadet, 3rd Grade	
One book report on a Star Trek Novel	
[Ca-2] Cadet Private, 1st Class	
[Ca-1] Cadet Private / Cadet	

## **Book Reports**

Title	Author	Date Completed	Cadet Training Officer (or Parental) Signature
[Ca-3] Cadet Lance Corpor	ral / Cadet, 3 <sup>rd</sup> Grade		
1.			
[Ca-12] Cadet 1st Lieutenar	nt / Cadet Lieutenant (Ju	ınior Grade)	
2.			

	Title	Author	<b>Date Completed</b>	Cadet Training Officer (or Parental) Signature
3.				
4.				

## Actor/Actress Research Papers

Actor/Actress	Date Completed	Cadet Training Officer (or Parental) Signature
[Ca-8] Cadet First Sergeant / Cadet, 1st Grade		
1.		
[Ca-10] Cadet Master Gunnery Sergeant / Cadet	Crewman	
2.		
3.		

## Junior & Senior Cadet Projects

Project Description	Date Completed	Cadet Training Officer (or Parental) Signature
[Ca-5] Cadet Sergeant / Cadet, 2 <sup>nd</sup> Grade		
Jr.	09	
[Ca-11] Cadet 2 <sup>nd</sup> Lieutenant / Cadet Ensign		
Sr.	000	

# Appendix III: Promotion Record

Grade	Rank	Date Promoted	Authorizing Officer [Rank – Name (Billet)]
Ca-12			
Ca-11			
Ca-10			
Ca-9			
Ca-8			A 2
Ca-7		- 1	
Ca-6	4		
Ca-5			
Ca-4			
Ca-3			
Ca-2			
Ca-1			

# Appendix IV: Order of moQbara Progression

Waist Sash System (Based on Taijitsu Standard)

Standard Progression (Under 18 years of age)

Date	Authorizing Body (Commanding Officer and/or Cadet Training Officer)
Grandmaster	
39.	
38.	
37.	
36.	
35.	
34.	
33.	
Master	
32.	
31.	
30.	
29.	
28. 27.	
26.	
25.	
Black Sash	
24.	
23.	
22.	
21. 20.	
19.	
18.	
17.	
Brown Sash	
16.	
15.	
14.	
13.	
12. 11.	
Blue Sash	
10.	
9.	
8.	
7.	

Date	Authorizing Body (Commanding Officer and/or Cadet Training Officer)	
Green Sash		
6.		
5.		
4.		
Yellow Sash		
3.		
2.		
White Sash		
1.		

#### Continuation Progression (18+ years of age)

The Continuation method is intended for those who have reached at least a Yellow Sash using the Standard Progression but have aged out of the "Cadet Program" and wish to finish their progression towards the rank of Grandmaster.

This is not an easy path to undertake, and in actuality requires more dedication and training than if they would have been able to finish it while a Cadet; but those brave enough to embark on the Continuation Progression path will reap greater rewards in their lives.

Presidential Champions Achievement Level	Date Achieved	Commanding Officer Signature	Cadet Training Officer Signature
Grandmaster			
Platinum Achievement Second (2 <sup>nd</sup> ) Issuance			
Master			
Platinum Achievement First (1 <sup>st</sup> ) Issuance			
Black			
Gold Achievement			
Brown			
Silver Achievement			
Blue			
Bronze Achievement			
Green			
Completion of the PALA+ Program			

#### Honor Sash Ranking

Only 1 Hour (60-Minutes) can count per day. If the cadet engages in more than 60 minutes of play, we applaud their effort, but it is above and beyond what is allowable for this award.

Hour	Date	Parent Name	Parent Signature
Gold Honor Sash			

Hour	Date	Parent Name	Parent Signature
180			8
179			
178			
177			
176			
176			
175			
174			
173			
172			
171			
170			
169			
168			
167			
166			
165			
164			
163			
162		//	
161			3
160			
159			
158			
158			
157			er earn
156			
155			
154			
153			
152			
151			
150			
149			
148			
147			
146			
145			
144			
143			
142			
141			
140			
139			
138			
137			
136			
135			
134			
133			
132			
131			
130			
129			
	*		

Hour	Date	Parent Name	Parent Signature
128			8
127			
126			
125			
124			
123			
122			
121			
120			
119			
118			
117			
116			
115			
114			
113			
112		-	
111			
110			
109			37
108			
107			
107			
106			
105			areas and a second
104		49	
103			
102			
101			
100			
99			
98			
97			
96			
95			
94			
93			
92			
91			
Silver Honor	Sash		
90			
89		10/6	
88			
87			
86			
85			
84			
83			
82			
81			
80			
79			
/9			

Hour   Date   Parent Name   Parent Signature   78   77   76   75   74   73   72   71   70   70   70   70   70   70   70	
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