TBBF - 003 : STUDENT PATHWAY

TBBF PATHWAY

ONE JOURNEY. EVERY STAGE. A LIFETIME OF GROWTH.

THE BLACK BELT FOUNDATION



BELTS
TECHNICAL PROGRESSION



TBBF
SYSTEM QUALIFICATIONS



QUESTS
PERSONAL DEVELOPMENT



BMABA
RECOGNISED QUALIFICATIONS



CHALLENGES
ACHIEVEMENT & CONTRIBUTION

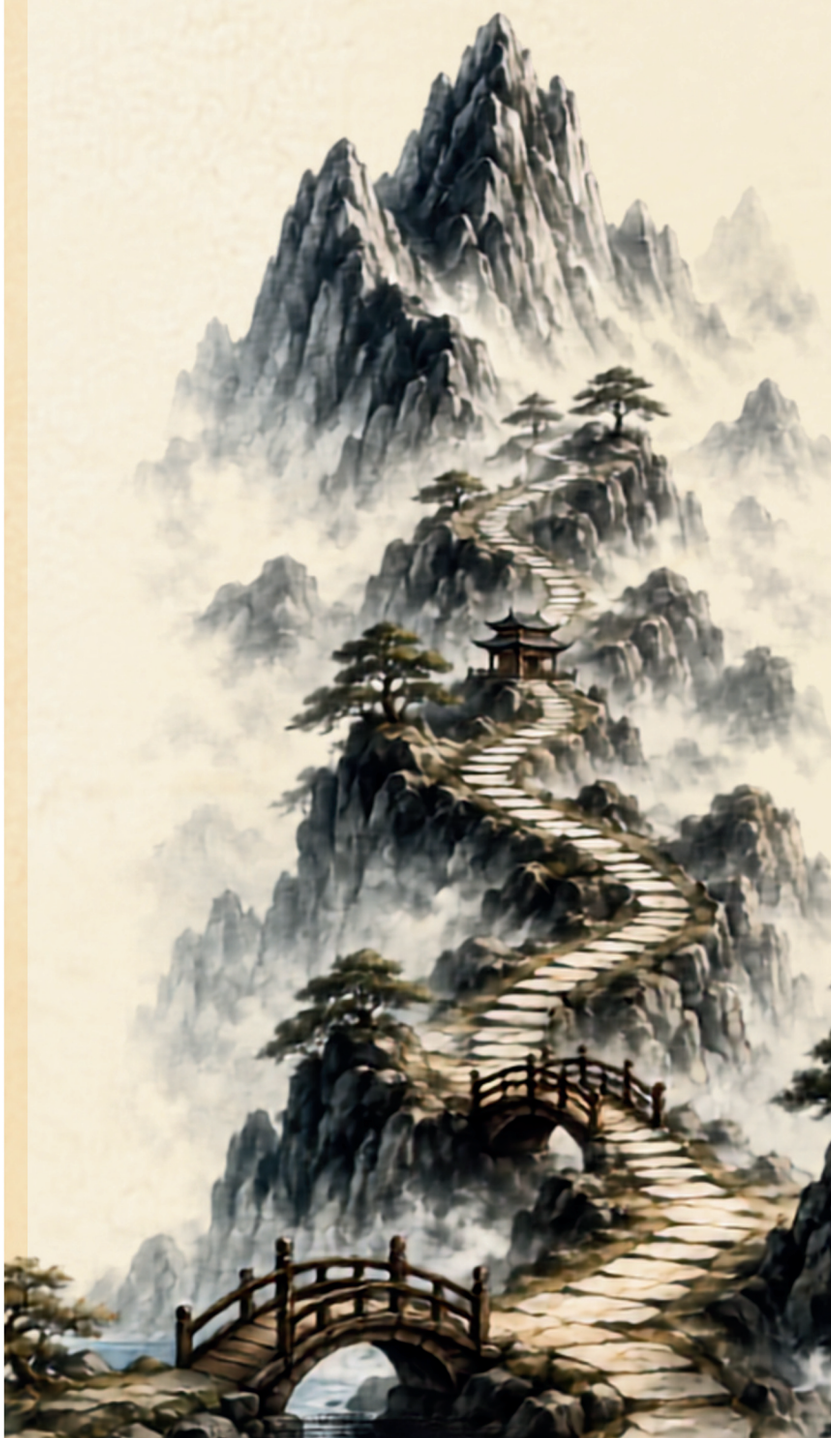
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Welcome to your TBBF Quest Book

What is this book?

It is a record of your journey, your achievements, your challenges and the person you will become.

- Belts measure your technical skills.
- Badges recognise your character.
- Challenges help you grow.
- Honours celebrate exceptional achievement.

Why do we have quests?

At TBBF, we believe that martial arts should build more than strong bodies. They should build strong people.

Every completed quest, challenge, system qualification or vocational qualification is designed to help students become more:

Confident Disciplined Respectful Courageous Dependable Resilient

How does it work?

Step 1: Receive your quest, request your challenge or be invited to take a system or vocational qualification.

Step 2: Complete the activities.

Step 3: Collect evidence.

Step 4: Ask your instructor to review your work.

Step 5: Celebrate your achievement.

Who can help?

You do not have to complete your journey alone.

Parents, grandparents, teachers, friends, brothers, sisters and instructors can all help you succeed.

Our promise

We don't just teach martial arts.

We build people.

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What is this book?

This book records your progress, achievements, experiences and personal development throughout your journey at TBBF.

Q. Why do we have Quests, Challenges, TBBF system & BMABA vocational qualifications?
At TBBF, we believe martial arts should develop more than physical skills.
Our goal is to help every student become stronger in body, mind and character.

Q. How does the system work?

- *Belts: Recognise technical knowledge, skills and experience.*
- *Quest Badges: Recognise character, attitude, behaviour and personal growth.*
- *Invitation only Quest Honours: Recognise exceptional commitment, achievement and contribution.*
- *Certificated Challenges: Are optional activities completed at home, at school or within the community.*
- *TBBF System Qualifications: Recognise practical skills, leadership, teaching ability and personal development.*
- *BMABA Vocational Qualifications: Nationally qualifications that develop professional knowledge, teaching and leadership skills.*

Q. How do I complete a quest?

a. *Receive your quest.*
b. *Complete the activities.*
c. *Collect evidence.*
d. *Ask your instructor to review your progress.*
e. *Celebrate your achievement.*

Q. Who can help?

- *Parents, Grandparents, Brothers and Sisters, Teachers, Friends & Instructors*

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QUESTS

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The TBBF quest system had been designed to help students develop more than physical skills. Every quest is intended to strengthen character, build confidence, encourage positive habits and support personal growth.

Each level has been carefully designed to be age-appropriate, engaging and progressively more challenging as students advance along their journey.

Level 1 – Discover (ages 3–6)
Simple, fun and engaging quests designed to develop confidence, discipline, focus, teamwork and respect.

Level 2 – Develop Junior students (white belt to purple belt)
Structured quests designed to strengthen character, develop resilience and establish strong foundations for the future.

Level 3 – Achieve Junior students (purple belt and above)
More demanding quests designed to develop leadership, independence, responsibility and personal growth.

Level 4 – Honour Invitation only
Awarded to students who consistently demonstrate exceptional character, commitment, achievement contribution.

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QUESTS

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There are 18 Quests:

- *Integrity*
- *Self-Control*
- *Confidence*
- *Perserverance*
- *Discipline*
- *Focus*
- *Courage*
- *Knowledge*
- *Teamwork*
- *Leadership*
- *Responcibility*
- *Determination*
- *Decision Making*
- *Compassion*
- *Excellence*

Plus 6 Advanced Invitation Only Quests:

- Indomitable Spirit
- Conflict Management
- Humility
- Postive Attitude
- Patience
- Social Skills

Social skills includes: Respect, communication, Listening, Empathy, teamwork & Self-Control

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CHALLENGES

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Challenges are optional, choose the adventures that interest you most.

Complete challenges, earn certificates, develop new skills, confidence & Character and build your own martial arts journey:

🏃 Physical challenges
- ⬜ Strength challenge
- ⬜ Endurance challenge
- ⬜ Flexibility challenge
- ⬜ Fitness challenge
- ⬜ Speed challenge

🧠 Personal challenges
- ⬜ Confidence challenge
- ⬜ Leadership challenge
- ⬜ Anti-bullying challenge
- ⬜ Resilience challenge
- ⬜ Goal-setting challenge

🏯 TBBF challenges
- ⬜ Attendance challenge
- ⬜ Seminar challenge
- ⬜ Community challenge
- ⬜ Referral challenge
- ⬜ Assistant challenge

🥋 Specialist challenges
- ⬜ Bo staff (10+)
- ⬜ Tonfa (10+)
- ⬜ Nunchaku (10+)
- ⬜ Sword (14+)
- ⬜ Karambit (14+)

Every completed challenge receives a certificate and may contribute towards leadership opportunities, black belt portfolio and long term development.

Some challenges may also include prizes, merchandise, specialist training or leadership opportunities!

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CHALLENGES

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Physical	Personnal	TBBF Qualifications	Vocational Qualifications
1000 strikes	Tie your own belt *(under 10's only)*	Student Leader	Safe guarding
500 Kicks	Demonstrate TBBF mat etiquete (under 10's only)	CRM (Admin)	Live blade
5 Km Run	New student buddy	Social Media (marketing)	Event organising
100 Press-ups	3 Student Referrals	Refer 5 friends	Head trauma
5 minute Plank	5 Student Referrals	Assistant Instructor	Instructor Lv1
200 Squats	School invite	CQS Instructor Lv 1-3	Instructor Lv2
100 Burpees	*plus more to be added*	CQB Instructor	First Aid
100 Sit-ups		Weapons Instructor	*plus more to be added*

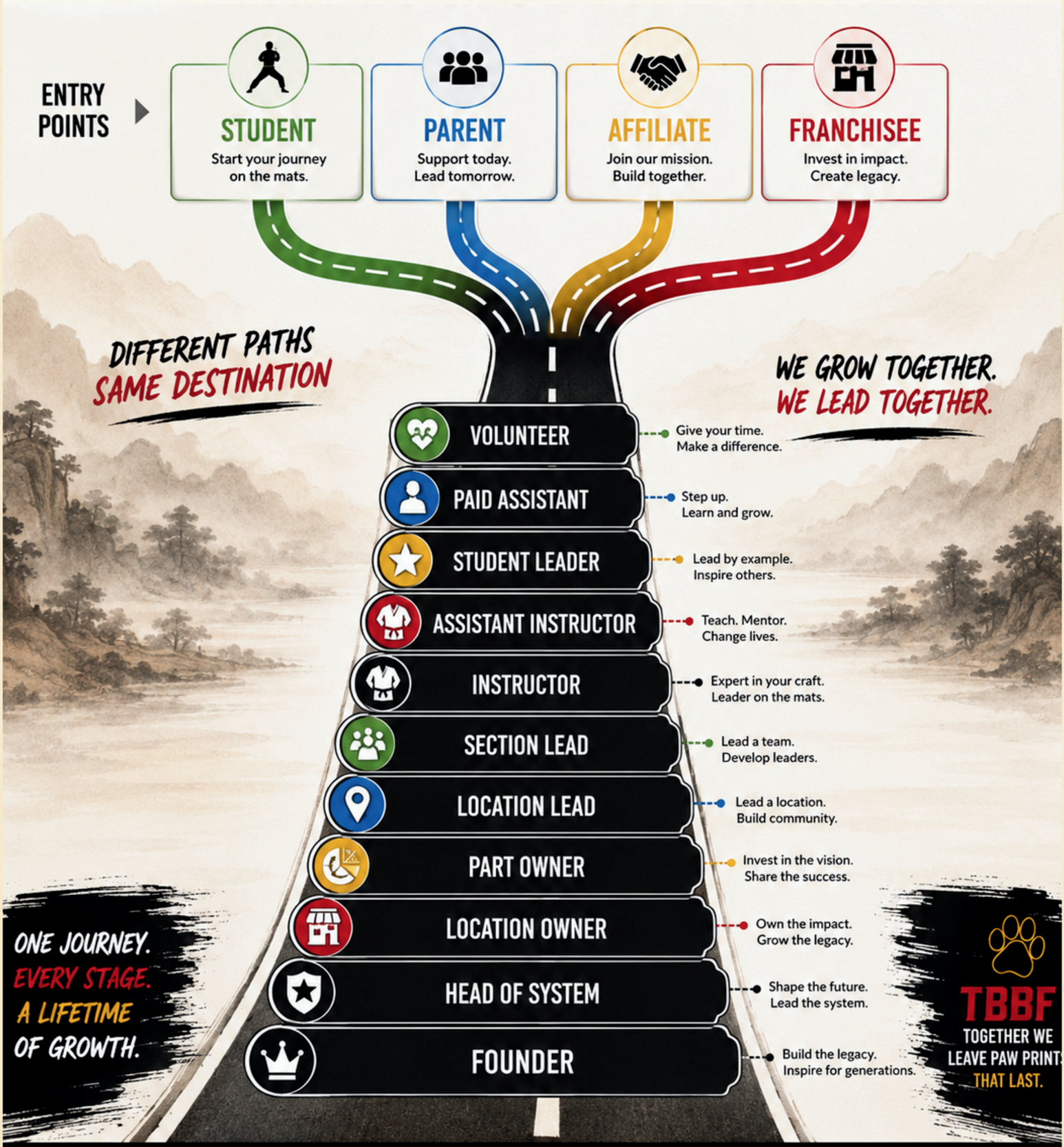
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ADULT JOURNEY

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QUESTS COMPLETED

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Quest	Date	Quest	Date

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CHALLENGES COMPLETED

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Challenge	Date	Challenge	Date

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