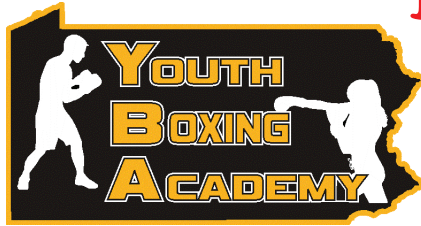
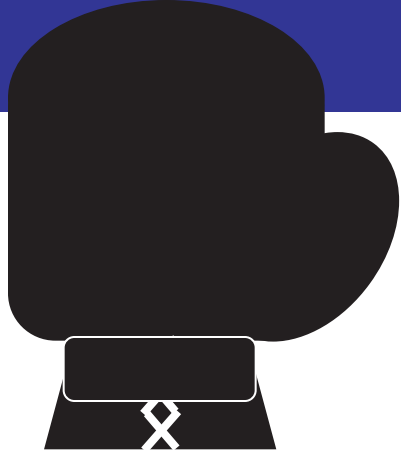


Gold Glove –Year One



**13 Tier Leadership
and Confidence
Development
Through Sport**

BLACK GLOVE

| | |
|--|---|
| Bagwork | None |
| Fitness | Push Up, Pull Up Hang, Jump Rope |
| Punching & Holding | Basic Holds & Punches |
| Patterns | Duran |
| Free Sparring (Competitive Track) | None |
| Nutrition | To Be Announced |
| Trivia / History / Terminology / Analysis | Level I Test 10 points |
| Self Defense | None |



Gold Glove –Year One



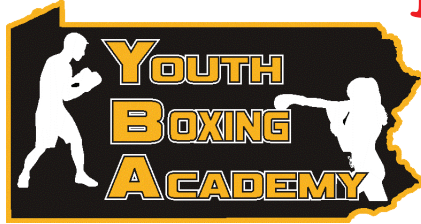
**13 Tier Leadership
and Confidence
Development
Through Sport**

**RED
SINGLE
STAR**

| | |
|--|---|
| Bagwork | Speed & Shadow |
| Fitness | Crunches (1 minute) Punches (1 minute) |
| Punching & Holding | None |
| Patterns | Hagler |
| Free Sparring (Competitive Track) | Controlled Sparring Level I |
| Nutrition | To Be Announced |
| Trivia / History / Terminology / Analysis | None |
| Self Defense | Situation & Response |



Gold Glove –Year One



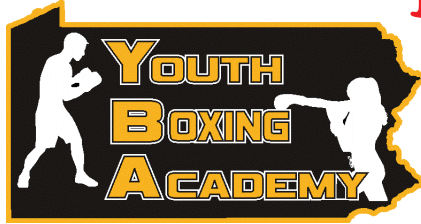
**13 Tier Leadership
and Confidence
Development
Through Sport**

**RED
DOUBLE
STAR**

| | |
|--|---|
| Bagwork | Heavy |
| Fitness | Push Up, Pull Up Hang, Jump Rope |
| Punching & Holding | Basic Holds & Punches |
| Patterns | Sugar Ray |
| Free Sparring (Competitive Track) | Controlled Sparring Level II |
| Nutrition | To Be Announced |
| Trivia / History / Terminology / Analysis | Level II Test 10 points |
| Self Defense | None |



Gold Glove –Year One



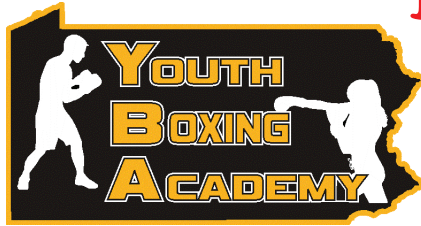
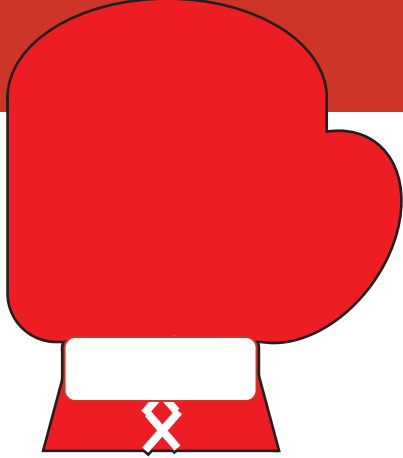
**13 Tier Leadership
and Confidence
Development
Through Sport**

**RED
TRIPLE
STAR**

| | |
|--|----------------------------------|
| Bagwork | Speed & Shadow |
| Fitness | Rope Climb Ladder |
| Punching & Holding | None |
| Patterns | Foreman |
| Free Sparring (Competitive Track) | Body Sparring Level I |
| Nutrition | To Be Announced |
| Trivia / History / Terminology / Analysis | None |
| Self Defense | System & Response |



Gold Glove –Year Two



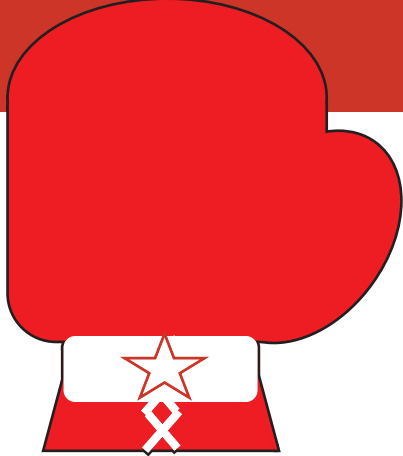
**13 Tier Leadership
and Confidence
Development
Through Sport**

RED GLOVE

| | |
|--|-------------------------------------|
| Bagwork | Heavy Double |
| Fitness | Pull Up Hang Jump Rope |
| Punching & Holding | None |
| Patterns | Tyson |
| Free Sparring (Competitive Track) | Body Sparring Level III |
| Nutrition | To Be Announced |
| Trivia / History / Terminology / Analysis | Level III Test 15 Points |
| Self Defense | None |



Gold Glove –Year Two



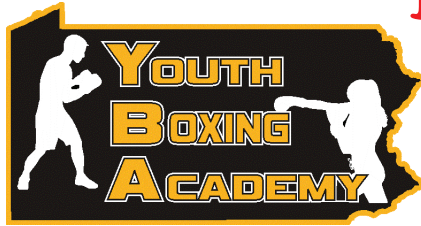
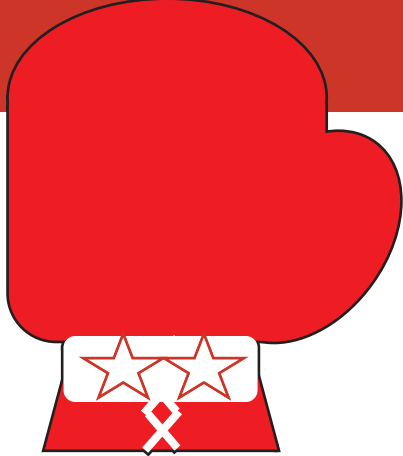
**13 Tier Leadership
and Confidence
Development
Through Sport**

**RED
SINGLE
STAR**

| | |
|--|---|
| Bagwork | Speed & Shadow |
| Fitness | Crunches (1 minute) Punches (1 minute) |
| Punching & Holding | Call Out Combos & React |
| Patterns | Lennox |
| Free Sparring (Competitive Track) | Open Sparring 1 Round |
| Nutrition | To Be Announced |
| Trivia / History / Terminology / Analysis | None |
| Self Defense | Situation & Response |



Gold Glove –Year Two



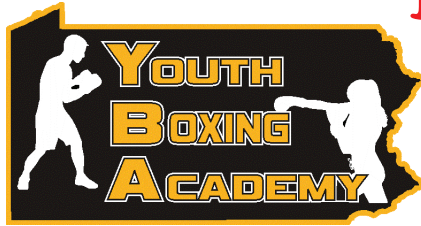
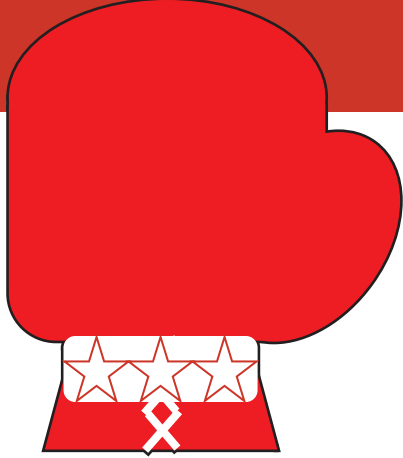
**13 Tier Leadership
and Confidence
Development
Through Sport**

**RED
DOUBLE
STAR**

| | |
|--|--|
| Bagwork | Heavy Double |
| Fitness | Rope Climb, Ladder, Jump Rope |
| Punching & Holding | None |
| Patterns | De La Hoya |
| Free Sparring (Competitive Track) | Open Sparring 2 Rounds |
| Nutrition | To Be Announced |
| Trivia / History / Terminology / Analysis | Level IV Test 20 Points |
| Self Defense | None |



Gold Glove –Year Two



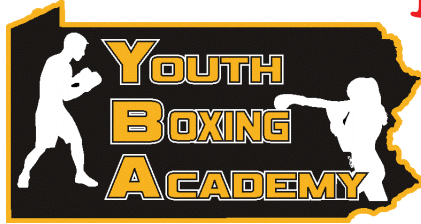
**13 Tier Leadership
and Confidence
Development
Through Sport**

**RED
TRIPLE
STAR**

| | |
|--|-----------------------------------|
| Bagwork | None |
| Fitness | Pull Up Hang Jump Rope |
| Punching & Holding | None |
| Patterns | Frasier |
| Free Sparring (Competitive Track) | Open Sparring 3 Rounds |
| Nutrition | To Be Announced |
| Trivia / History / Terminology / Analysis | None |
| Self Defense | System & Response |



Gold Glove –Year Three



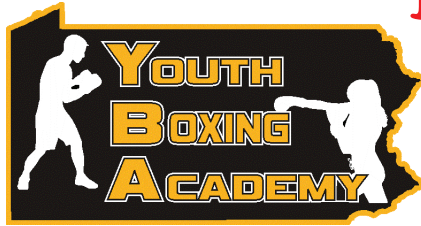
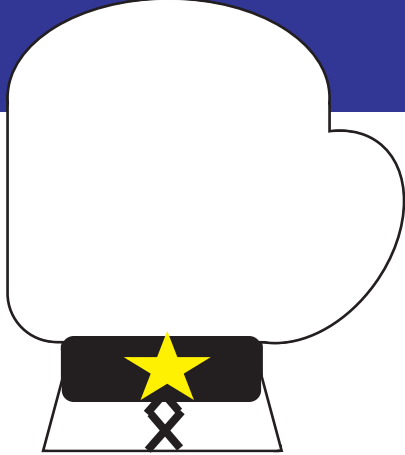
**13 Tier Leadership
and Confidence
Development
Through Sport**

WHITE GLOVE

| | |
|--|---|
| Bagwork | Heavy, Speed, |
| Fitness | Head Hunter, Shadow Push Ups, Rope Climb |
| Punching & Holding | Mitt Work, 2 Rounds |
| Patterns | Joe Louis |
| Free Sparring (Competitive Track) | Open Sparring 3 Rounds |
| Nutrition | To Be Announced |
| Trivia / History / Terminology / Analysis | Level V Test 20 points |
| Self Defense | None |



Gold Glove –Year Three



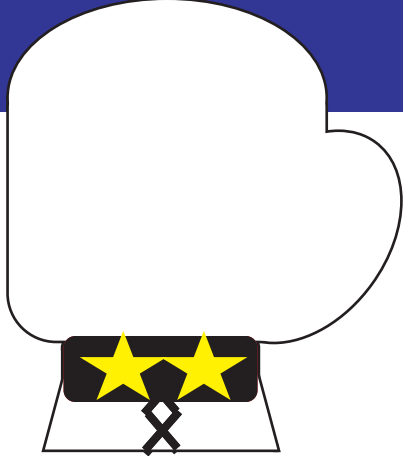
**13 Tier Leadership
and Confidence
Development
Through Sport**

**GOLD
SINGLE
STAR**

| | |
|--|--|
| Bagwork | Speed & Double End |
| Fitness | Crunches (1 minute) Punches (1 minute) |
| Punching & Holding | Hold & Punch w/ Partner; Punches Called Out |
| Patterns | Mayweather |
| Free Sparring (Competitive Track) | Open Sparring 3 Rounds |
| Nutrition | To Be Announced |
| Trivia / History / Terminology / Analysis | None |
| Self Defense | Situation & Response |



Gold Glove –Year Three



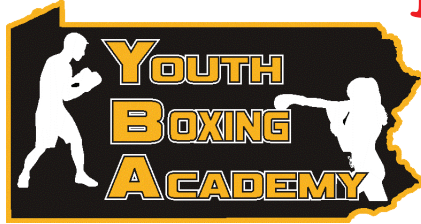
**13 Tier Leadership
and Confidence
Development
Through Sport**

**GOLD
DOUBLE
STAR**

| | |
|--|--|
| Bagwork | Heavy, Speed, Shadow |
| Fitness | None |
| Punching & Holding | Hold & Punch w/ Partner; Punches Called Out |
| Patterns | Hopkins |
| Free Sparring (Competitive Track) | Open Sparring 4 Rounds |
| Nutrition | To Be Announced |
| Trivia / History / Terminology / Analysis | Level IV Test 20 Points |
| Self Defense | None |



Gold Glove –Year Three



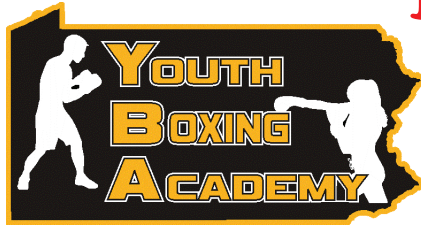
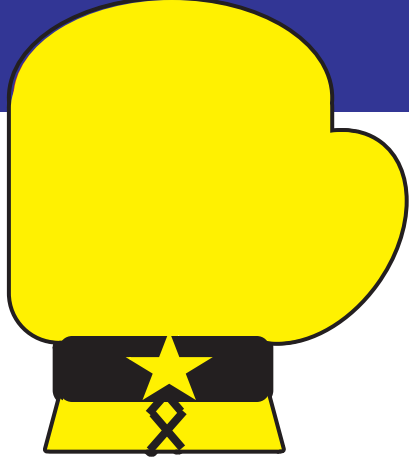
**13 Tier Leadership
and Confidence
Development
Through Sport**

**GOLD
TRIPLE
STAR**

| | |
|--|-----------------------------------|
| Bagwork | None |
| Fitness | None |
| Punching & Holding | Mitt Work, 3 Rounds |
| Patterns | Jones Jr. |
| Free Sparring (Competitive Track) | Open Sparring 4 Rounds |
| Nutrition | To Be Announced |
| Trivia / History / Terminology / Analysis | None |
| Self Defense | None |



Gold Glove –Year Four



**13 Tier Leadership
and Confidence
Development
Through Sport**

GOLD GLOVE

| | |
|--|--|
| Bagwork | |
| Fitness | |
| Punching & Holding | |
| Patterns | |
| Free Sparring (Competitive Track) | |
| Nutrition | |
| Trivia / History / Terminology / Analysis | |
| Self Defense | |

