

READING REQUIREMENTS

Beginners · Black Belt Club · Leadership

1. The Reading Path at a Glance

Beginners follow the 16-week mindset curriculum: two 8-week test cycles, one book each. Black Belt Club and Leadership levels each run 12 months (six 2-month test cycles).

Stage	Level	Book & Author	12-Month Assignment
BEGINNERS · 16-week mindset curriculum (two 8-week test cycles)			
Beginners	All	The Psychology of Winning Denis Waitley	Weeks 1–8 (8-week curriculum)
Beginners	All	What to Say When You Talk to Yourself Shad Helmstetter	Weeks 9–16 (8-week curriculum)
BLACK BELT CLUB (BBC) · Black Belt Training · 12 months per level			
Black Belt Club	BBC Level 1	Maximum Achievement Brian Tracy	Months 1–6
Black Belt Club	BBC Level 1	The 7 Habits of Highly Effective People / Teens Stephen R. Covey / Sean Covey	Months 7–12
Black Belt Club	BBC Level 2	Unlimited Power Tony Robbins	Months 1–6
Black Belt Club	BBC Level 2	Awaken the Giant Within Tony Robbins	Months 7–12
Black Belt Club	BBC Level 3	Against All Odds: My Story Chuck Norris	Months 1–4
Black Belt Club	BBC Level 3	The West Point Way of Leadership Larry R. Donnithorne	Months 5–9
Black Belt Club	BBC Level 3	The New Dynamics of Goal Setting Denis Waitley	Months 10–12
LEADERSHIP (LE) · Leadership Team Training · 12 months per level			
Leadership	LE Level 1	The 17 Indisputable Laws of Teamwork John C. Maxwell	Ch. 1–17 over 12 months
Leadership	LE Level 2	The 21 Irrefutable Laws of Leadership John C. Maxwell	Ch. 1–21 over 12 months
Leadership	LE Level 3	Extraordinary Teaching + Implementation Workbook Stephen Oliver and Jeff Smith	Book and workbook over 12 months

2. Beginners: Reading by Week

Beginner reading matches the weekly mindset lesson in the 16-week Winning Mindset curriculum, so what students read at home is what instructors teach on the mat. Each book is an 8-week curriculum; after Week 16 the curriculum starts again at Week 1.

Week	Mindset Lesson Topic	Reading Due
THE PSYCHOLOGY OF WINNING · Weeks 1–8 · Test Cycle 1		
1	Positive Self-Awareness + Self-Image	Ch. 1 & Ch. 6
2	Positive Self-Esteem	Ch. 2
3	Positive Self-Control	Ch. 3
4	Positive Self-Motivation	Ch. 4
5	Positive Self-Expectancy	Ch. 5
6	Positive Self-Direction	Ch. 7
7	Positive Self-Discipline	Ch. 8
8	Positive Self-Projection	Ch. 10

Week	Mindset Lesson Topic	Reading Due
WHAT TO SAY WHEN YOU TALK TO YOURSELF · Weeks 9–16 · Test Cycle 2		
9	Your Mental Computer	Ch. 1–3
10	The Five Levels of Self-Talk	Ch. 4–6
11	Stopping Negative Self-Talk	Ch. 7–9
12	Writing Effective Self-Talk	Ch. 10–12
13	Silent Self-Talk & Self-Speak	Ch. 13–15
14	Self-Conversation & Self-Write	Ch. 16–18
15	Recorded Self-Talk & Repetition	Ch. 19–21
16	Putting It All Together	Ch. 22–23

HOW BEGINNERS USE THE READING

- First time through: read the assigned chapters each week.
- Students still in Beginners when the curriculum restarts reread the week's chapter, or the parts they highlighted, and complete the home challenge.
- Ch. 9 of The Psychology of Winning (Positive Self-Dimension) is optional; the mindset curriculum leaves it out by design.
- Technique blocks (Free Style and Traditional Basics) stay as they are on the lesson overview; only the reading column changes.

Belt expectations. White to gold: build understanding of terms, coordination, balance and strength; show effort and enthusiasm to qualify for Black Belt Training. Orange to blue: show consistent improvement in term recognition, physical technique and character skills.

3. Black Belt Club: Reading by Month

Each Black Belt Club level is a 12-month level. The books have no chapter splits on the original chart, so reading is assigned by month span.

Month	BBC Level 1	BBC Level 2	BBC Level 3
1	Maximum Achievement	Unlimited Power	Against All Odds
2	Maximum Achievement	Unlimited Power	Against All Odds
3	Maximum Achievement	Unlimited Power	Against All Odds
4	Maximum Achievement	Unlimited Power	Against All Odds
5	Maximum Achievement	Unlimited Power	The West Point Way of Leadership
6	Maximum Achievement	Unlimited Power	The West Point Way of Leadership
7	The 7 Habits (People / Teens)	Awaken the Giant Within	The West Point Way of Leadership
8	The 7 Habits (People / Teens)	Awaken the Giant Within	The West Point Way of Leadership
9	The 7 Habits (People / Teens)	Awaken the Giant Within	The West Point Way of Leadership
10	The 7 Habits (People / Teens)	Awaken the Giant Within	The New Dynamics of Goal Setting
11	The 7 Habits (People / Teens)	Awaken the Giant Within	The New Dynamics of Goal Setting
12	The 7 Habits (People / Teens)	Awaken the Giant Within	The New Dynamics of Goal Setting

Tip: divide each book's chapters evenly across its months and post the chapter numbers on the Black Belt Club board each month. If you'd like, the exact chapter split can be added once the editions you use are confirmed.

4. Leadership Levels 1–2: Reading by Month

Chapters due by the end of each month.

Month	LE Level 1 · The 17 Indisputable Laws of Teamwork	LE Level 2 · The 21 Irrefutable Laws of Leadership
1	Ch. 1–2	Ch. 1–2
2	Ch. 3–4	Ch. 3–4
3	Ch. 5–6	Ch. 5–6
4	Ch. 7–8	Ch. 7–8
5	Ch. 9–10	Ch. 9–10
6	Ch. 11	Ch. 11–12
7	Ch. 12	Ch. 13–14
8	Ch. 13	Ch. 15–16
9	Ch. 14	Ch. 17–18
10	Ch. 15	Ch. 19
11	Ch. 16	Ch. 20
12	Ch. 17	Ch. 21

5. Leadership Level 3: Extraordinary Teaching

Extraordinary Teaching (Stephen Oliver and Jeff Smith) with the Extraordinary Teaching Implementation Workbook. Page numbers are the book's printed pages; workbook pages are the workbook's page numbers. Trainees complete workbook pages with their supervising instructor.

Month	Focus	Book Reading	Pages	Workbook Pages
1	Retention Mindset	Preface, Introduction, Ch. 1–2	pp. 26–50	2–9: How to Use, 90-Day Roadmap, Baseline Metrics, Retention Scoreboard, Attendance Card Design + SOP, Missing-in-Action Script
2	The First Four Months	Ch. 3–4	pp. 51–64	10–15: Standing Appointments, Connection Standards, 30/60-Day Parent Conference, Small Wins Stripe Plan, Black Belt Culture Audit, Enrollment Conference
3	Motivation and Character	Ch. 5–6	pp. 65–76	16–18: Vision Sheet, Wall of Future Black Belts, Character Development Planner
4	The Testing Cycle	Ch. 7	pp. 77–86	19–24: Testing Cycle Design, Belt Ladder, Graduation Run-of-Show, Test Qualification, Catch-Up Plan, Post-Test Meetings
5	The Leadership Factory	Ch. 8–10	pp. 87–106	25–29: Leadership Blueprint, Candidate Checklist, Trainee Role Sheet, Scheduling Sheet, Promotion Prerequisites
6	Quarterback Teaching	Ch. 11–12	pp. 107–118	30–35: Class Segmentation, Huddle Sheet, Post-Class Debrief, Certification Ladder, Teen Leadership, Post-Black Belt Audit
7	Rotating Curriculum	Ch. 13–14	pp. 119–130	36–40: Masters Club Offer, Renew-Before-the-Test, Rotating Curriculum Map, Block Design, Interim Goals
8	Engagement and Recognition	Ch. 15–19	pp. 131–158	41–42: Full-Meal Class Template, Disguised Repetition Menu; revisit 13: Small Wins Stripe Plan
9	Legacy	Conclusion + Part 3: The Architects of an Industry	pp. 159–200	Revisit 14 and 17: Black Belt Culture Audit, Wall of Future Black Belts
10	The Teacher's Craft	Part 4: Intro, Ch. 1–3	pp. 201–230	43–45: Demonstration Checklist, Explanation + Correction Self-Audit, Energy Management Plan
11	Teaching Everyone	Part 4: Ch. 4–8	pp. 231–268	46–47: Discipline Ladder, Mat Chat Planner; revisit 41 using the Master Class Structure
12	Advanced Students and Renewals	Part 4: Ch. 9–10 + Part 5	pp. 269–302	48–50: Renewal Climate Checklist, Monthly Renewal List, 30-Day Execution Scorecard

NOTES

- Bonus sections (pp. 303–396) are optional reading for trainees moving toward instructor roles.
- Month 8 is the heaviest chapter count (five short chapters); Month 9 is mostly biography and reads quickly.
- "Masters Club" on workbook p. 36 is the workbook's name for the post-black belt program, not the Black Belt Club.