



Purple Belt

Dojang Code Research Project:

Solidarity

The following project is due before you test for Red Belt. You must receive approval for your project before you can earn your second black stripe and the project must be completed and turned in before you can earn your third black stripe. Please submit your completed project to espy@martialartsaustin.com.

- 1. Give a definition for Solidarity.**
- 2. Describe a time in your life when you experienced Solidarity.**
- 3. Make a project that experiments with Solidarity in your life.** When you are done, write a report describing your experience using words, pictures, video or any other media. You can use an idea of your own or you can use one of the following:

Project Area One - Understanding connects us to others. See things from another's perspective helps build that understanding.

- Walk in someone else's shoe for a day by experiencing one of the following:
 - blindness
 - using a wheelchair
 - homelessness
 - having only one arm (not your dominant one)
 - deafness

If you do one of these projects, you must have a guardian with you throughout the day to make sure you're safe. Describe your experiences and what you learn from them. Also, describe the experience of the person helping you.

Project Area Two - Conflict can destroy your relationships. Pick a relationship with someone close to you that has a difficult conflict that you can work on in one of the following ways:

- Choose something about the relationship that you would like to change and spend a week working to make it better. What did you learn about the issue during the week? Did you learn anything about how you contribute to the problem? Is there anything you will do differently now?
- Have conversations with the person in which you discuss the conflict with them by using what is called a "mirroring" exercise. Have them describe the conflict in their words. Listen carefully without interrupting (you can ask questions to have them clarify something you do not understand). Do not correct them. Next, repeat back to them what they've said using your own words. Make sure that they agree that you have described what they said or ask them to correct what you said if they do not feel you have correctly understood them. Repeat the mirroring process until the person agrees that you are accurately describing what they said. Now, asked them how they felt about the experience. Listen carefully, and then repeat back to them what they said using your own words. Confirm that your description is accurate. How did this process make you feel? Did you get a better understanding of their perspective? What did you learn about the conflict?

Project Area Three - Connecting with other people is a skill. Learn how to build connections with other people.

- Meet three new people everyday for a week. What was your strategy for meeting new people? What did you learn about yourself?
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IMPORTANT: You must get parent and instructor approval for your idea before beginning the project.