



Members Handbook MK16

# Welcome!

This booklet has everything you'll need to know about training sessions, tournament rules and guidelines, equipment lists and much more!

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# Members Creed

- **I promise to uphold the true spirit of Martial Arts.**
- **I will always represent Proactive Self Defence as a respectful, hard working, and friendly competitor.**
- **I will put in 100% at all training sessions and better my skills as a Martial Artist every day.**
- **I will face any problem. The challenges I deal with, will make me stronger.**
- **I am part of a team. I will encourage my team mates to succeed, and push them towards their goals. All of my team mates are important to me.**

# Training Guidelines

- In order set clear boundaries to acceptable behavior, Team Freestyle is governed by a strike penalty system. Incurring 3 strikes within the year will result in your Team Freestyle membership being considered for suspension or termination.
- **All training sessions are mandatory attendance to all team members.** If you are unable to attend a training session for whatever reason, your coaches MUST BE INFORMED. 24 hours notice should be given, failure to notify your coaches will result in a 'strike' penalty. Remember, Team Freestyle members are always structured and well organised, and we will expect you to be able to act accordingly. Attendance is taken at the start of every session. If you are late to a training session, but failed to notify a coach, you will be penalized with a 'strike' as well.
- Team Freestyle competitors always have excellent personal appearance. This involves all members having a neat uniform and excellent personal grooming and hygiene, for all training sessions and tournaments. Failure to do so regularly, will result in a strike penalty.
- Team Freestyle has been known for being a very respectful and friendly group of competitors. Your coaches have zero tolerance towards bullying and slander of any kind towards either team members or other competitors. If you have any disputes with either another team member, competitor, coach, or official, bring it to the attention of your coaches and the matter will be handled accordingly.
- Your coaches are here to help you achieve your goals. It is required that you follow all instructions given to you by your coaches, and that you treat them with the utmost respect, as they would to you. Disobeying your coaches will not be tolerated and penalties may incur as a result of your behaviour.

# Equipment List

These are the items you will be required to bring to every training session:

- Full Team Freestyle uniform: This includes Team Freestyle Gi top, pants and belt. During outdoor training sessions, only Proactive Self Defence jackets will be acceptable over your Gi.
- Running shoes: Part of your training session will happen outdoors. For this, sturdy, supportive running shoes are required.
- Skipping rope: Must be correctly suited to you.
- Water bottle (Note: No other fluids allowed inside the training area.)
- Towel
- Full sparring gear: Including shin guards (cotton acceptable), hand mitts (cotton acceptable), mouth guard, groin guard (for male competitors), breast guard (for female competitors). Sparring may not occur at every training session, but some partner drills may require you to wear all gear. This may be for safety/protective purposes, or to help you become accustomed to wearing protective equipment.

# Training Session Outline

- Training sessions occur on Saturday mornings at 8.00am SHARP. At which point, you are given time to prepare your equipment, warm up and stretch.
- The first part of your session will typically involve a run around the block of factories for 10 minutes. Your objective will be outlined by the Team Captain for you to complete within that time limit.
- Your coaches will be taking notes throughout all training sessions to help determine your progress leading up to competitions.
- Training notes can include suggestions such as “drops guard throughout/specific to technique” “faster front kicks” “failed to bring mouth guard, strike pending.” and a lot more. Training comments will be discussed with those who ask, otherwise, they will be used as focus for the next training session. All information recorded is confidential at your discretion, between yourself and your coaches.

# Training Session

## Outline

- Partner drills, exercises, sparring practice, workouts are tailored to improving your skills in the following areas.
- **Fitness:** This includes, cardiovascular strength, increased muscle tone, fatigue resistance, etc. this benefits your performance not only in sparring events, but demonstrations, by being able to move faster and stronger, for longer periods of time.
- **Control:** All sparring events are non contact, therefore being able to control your techniques to within centimeters of your striking zone is crucial.
- **Flexibility:** This increases your ability to strike/ kick higher, faster and stronger, more often.
- **Speed:** Most sparring events will require you to outmaneuver your opponent by striking fast. Demonstration events will also require fast, strong techniques to impress judges and score higher.
- **Balance:** Not only staying on your feet, but balancing your combinations whilst sparring, or balancing out your demonstration to include a wide variety of techniques without looking crowded.
- **Coordination:** Very useful during demonstrations to strike efficiently, or wield a weapon with precision. Also incredibly important whilst sparring to ensure precision, footwork, strikes, blocks, evasions, timing and control.

# Tournaments



- This is what you've been training for!
- Tournaments are the best way to determine that your skills are improving. It is also where martial artists from all over Australia, come to exhibit their talents to the community and help develop the sport.
- There are a few different events that you will be eligible to compete in, from point and continuous sparring, to weapons and demonstrations, to katas.
- Sparring – Point, Continuous, & Team
- Demonstrations – Weapon, Music, Team, etc
- All sparring divisions are NON CONTACT. It is not required that punches and kicks make contact with an opponent in order for the judges to consider them effective. Under NAS rules, an effective technique demonstrates superior control because it does not make contact. Contact often results from a deficiency in one of the elements of an "effective technique."
- For those wanting to compete in demonstration events, we require all creative demonstration participants to be training in XMA classes to monitor your skill. All routines and forms must be submitted to your coaches for verification before competing.



# Registration & Tournament Day

- Registration forms are administered from your coaches as tournaments draw closer. The form also includes information on upcoming events, rule changes, club profiles, or online link. If unsure, please speak to a coach.
- The first part of the form requires you to fill in your information. Including Martial Arts Organisation (for this section, write Proactive Team Freestyle) your belt rank, and your Head Coach's name.
- The next section requires you to choose your events. Your sparring divisions are divided into type, age, gender and experience levels/ranks. E.g. Junior point sparring, 12-13 years, female, 5<sup>th</sup> Kyu to black belt (if you are unsure what Kyu you are, ask your coaches)
- Determine what division you are entered into, adults may find this more difficult with events such as “Male Black belt, Open” divisions. If you have any questions, ask your coaches.
- Demonstration events are separated into creative weapons/demonstrations and creative forms. Those divisions are then separated into Junior and Adult age groups. These are open belt rank events, instead of dividing into novice, intermediate/ advanced.
- The final section includes the costs for each event, as well as any late fees. Your total must be calculated below. Then there is instructions on payment methods and an address to where you must send your completed entry forms. We advise that all entry forms are completed as soon as they are administered to avoid incurring late fees.
- On the day of the tournament you will be required to meet outside the venue, at 8.00am at the VERY LATEST, in full uniform (or Proactive Warm-up Jacket). You must register at the front desk to confirm your events and attendance, as well as get an entry stamp. Note: spectator fees also apply for parents, family members and other spectators (see entry form for details). Parents that volunteer are often admitted free. Organisers are always looking for help.
- After entering the venue, you will have time to warm up with the rest of the team, place your bags and equipment, and ready yourself for your events. Demonstration events may occur before the official bow-in, so be prepared and arrive earlier to have a chance to warm up properly

# Sparring



## Point Sparring:

- In point sparring, your objective is to be explosive with your techniques and be faster than your opponent. A score is registered when the majority of officials identify an effective, legal technique delivered with good control to a legal target area scoring distance required 10 – 15 centimeters.

## Points:

- 1 point awarded: for punches above the torso area including face, side and back of shoulders, forehead, neck and back of head. A single point will also be awarded for kicks directed above the waist and below shoulder height. A single point awarded for foot-sweep techniques followed up with a valid hand technique.
- 2 points awarded: for upper kicks, being defined as face, head and behind the neck and or kicks coming in a down ward motion to the head. Note! Including spinning kicks to mid section that rotate in a 360 degree rotation to mid section.
- 3 points awarded: for spinning, jumping kicks to upper target area, being defined as face the head above and behind including neck area.

## Format:

- At the commencement of the tournament competitors shall assemble for official bow in: they will face officials, bow, turn face audience, bow, face the front again. Note: All other bowing during match will be to officials or competitors only.
- After the competitor has been checked, he/she will wait for the centre referee to indicate to the competitors to bow (to the referee) and then turn face each other from the outside of the ring and bow into the ring; the referee will then indicate to the competitors to enter the ring. The referee will begin the bout once confirming the judges and table officials are ready he/she will then command "Start" to begin the bout.
- During a bout, the timekeeper does not suspend the time when the referee calls "Stop" unless the referee also calls "time" specifically to the Timekeeper. Points are then awarded, and the referee re-starts the bout.
- When exiting the competition, the referee will request competitors to bow to each other, shake hands, move to the outside of the ring, face the referee and bow.
- Team Sparring – State vs State

# Sparring

## Continuous sparring:

- In continuous sparring, the round is not stopped intermittently to award points. Instead a victor is chosen based on who has better control over the bout, who delivers more scoring techniques, and who has better technique overall.

## Points:

- When evaluating the continuous sparring bout the judges will take account of the general combative skills demonstrated by the contestants. The contestants are evaluated on; effective attacking techniques, control of techniques, controlling the flow of the bout, ringcraft, evasion, timing, blocking.

## Penalties:

The following techniques are illegal, which will incur penalties/ disqualification:

- Techniques that make contact and cause injury especially to the head, neck or body.
- Uncontrolled, excessive attacks directed to the joints includes, thighs, inside thighs, shin and ankle
- Take-downs, grappling or wrestling are prohibited.
- Attacks directed towards the groin, including fake kicks.
- Wrestling or grappling.
- Other dangerous or uncontrolled techniques, such as an uncontrolled spinning back fist, uncontrolled hook kick, uncontrolled spinning hook or axe kick, spinning reverse sweeps using the heel.
- Attacking an official whether inside or outside the ring.

## Format:

- At the commencement of the tournament competitors shall assemble for official bow in: they will face officials, bow, turn face audience, bow, face the front again. Note: All other bowing during match will be to officials or competitors only.
- After the competitor has been checked, he/she will wait for the centre referee to indicate to the competitors to bow (to the referee) and then turn face each other from the outside of the ring and bow into the ring; the referee will then indicate to the competitors to enter the ring. The referee will begin the bout once confirming the judges and table officials are ready he/she will then command "Start" to begin the bout.
- At the end of the bout, judges will score one opponent higher than the other. The points are tallied and a winner is announced
- When exiting the competition, the referee will request competitors to bow to each other, shake hands, move to the outside of the ring, face the referee and bow.

# Demonstrations



## Traditional Weapons Competition:

- Weapon forms are defined as an event involving an individual performing a pre-arranged series of movements that include the use of a clearly identified weapon. Judging is based on the use, manipulation and control of the Weapon.
- Traditional Weapon Forms must capture the essence of classic martial arts movements, showcasing the traditional techniques, stances, footwork, and weapons. Emphasis is placed on execution of technique, application of technique, balance, speed, power, solid stances, and focus. Forms may be unmodified or modified from what a system or school considers being the original version of the form.
- Other than transitioning movements, both hands must be on the weapon(s) at all times. Techniques may not involve any more than a 360-degree turn.
- Note! Performance of the following movements will result in a downgrade/penalty of the form, or upon unanimous vote of the judges as a form inappropriate for the division: front or back flips, cartwheels, front or side leg splits, releases of the weapon other than simple hand switches, or any other gymnastic movements or extreme exhibitions of flexibility or agility with the body or weapon that are deemed in the opinion of the judges to be inappropriate for the division pursuant to the general guidelines set forth.
- 1 person only to perform in this event.
- Home made weapons will not be accepted at any NAS competition
- Note! Non-authentic weapon "XMA" style or non-traditional aluminium, alloyed are not permitted in traditional weapons competition

# Demonstrations

## Creative Weaponry / Creative forms:

- The NAS demonstration, creative weaponry, creative forms will be judged on the entertainment value; interpretation, difficulty, execution, entertainment and theatrical performance.
- Interpretation & difficulty is indicated by its degree of complexity and the techniques contained therein. A variety of directional changes, numerous variations of speed, the length of the demonstration, and multiple combinations may point to a high degree of difficulty. High-risk techniques such as explosive flying kicks, acrobatic skills, front or back flips, cartwheels, front or side leg splits, gymnastic movements or extreme exhibitions of flexibility.
- Execution involve: power and grace of movements, stance, posture and balance. Crucial aspects are also the correct application of strikes, blocks jumps and other martial manoeuvres and techniques. These must be delivered with accuracy and, especially when in combination, they must be fully completed. All stances must be functional.
- Creative Weapons: non-authentic "XMA" weapons are permitted to be used in demonstration.
- Music is not permitted in the creative forms division.

## Penalties:

- Any competitor leaving the ring area 8x8 will incur disqualification.
- If an adult male/ female black belt competitor is to interrupt, forget the performance, fall unintentionally or leave the ring: Disqualification. Junior ranks (veterans, novice and intermediate) will incur a full point deduction from all judges.
- Weapons may be placed on floor during demonstration with no penalty. Disqualification will occur for any weapon (any parts of) exiting the 8x8 competition area or forgetting form.
- If the weapon is dropped during the event, one (1) full point will be deducted from every Judge's score.
- Accidentally touching/striking mats will incur NO penalty, however deliberate, malice striking to mats; competitor may incur cost of repair or replacement of mats.

# Demonstrations

## **Approved Weapons: Traditional (18 years+)**

- Live blades or imitation samurai sword
- Wooden nunchaku
- Live blade kama (including aluminium or alloyed weapons)
- Kusari – Chigiriki or any ball/ chain weapon
- Kusarigama – Sickle & chain
- Naginata – Long pole with blade at end
- Chinese – Double ended spears with blade
- Chinese – Single ended spears with blade
- Chinese – Wushu – Jien – two ended blade
- Tai chi – sword
- Chinese weapon – with blade/ sharp point

## **Approved Weapons: Traditional (under 18)**

- Tessen – Iron fan
- The Bokken or Wooden sword
- Nunchaku – foam padded
- Bo, Jo or Staff
- Fighting sticks
- Wooden kama
- Sai, Tonfa, Tetsubo
- Rubber knives
- Chinese long pole with no point or sharp edging
- Chinese single ended spear with no point or sharp edging

## **Approved weapons: Creative**

- Adult - Bokken or Wooden sword, Samurai sword-blunt
- Children - The Bokken, Wooden, Aluminium Samurai sword-blunt
- Children - Nunchaku – foam padded - aluminium
- Adult - Nunchaku – wooden - aluminium
- Children/ Adult - Bo, Jo or Staff
- Children/ Adult - Fighting sticks
- Children/ Adult - Wooden, Aluminium, Alloyed kama (NO point or sharp edging)
- Children/ Adult - Sai, Tonfa, Tetsubo
- Children - Rubber knives – (adults blunt blade)
- Children/ Adult - Chinese long pole with no point or sharp edging
- Children/ Adult - Chinese single ended spear with no point or sharp edging
- Children/ Adult - Wushu Sword – (blunt blade)
- Children/ Adult - Tessen – Iron fan

# Demonstrations

## Scoring:

At the conclusion of the performance the competitor will stand and wait for the judges scores. Once scores have been awarded and judges have finished displaying their scores to the table Officials, competitor will bow and exit the ring

- Note: The timekeeper will read the scores out aloud as the scorekeeper records them. This allows the judges to verify that the score displayed is correct.

Score	Characteristics
7.70 – 8.00	Aura of excellence (not used unless required) very high level of skill Master quality
7.40 – 7.69	Performed with virtuosity, excellent technique and form. Exceptional martial expression. Consistent rhythm, timing and focus of attention. Harmonious balance of power, speed and breathing
7.10 – 7.39	Very good. Minor errors of technique, rhythm, form or posture. Competent performance. Eye intensity, breath control very good
6.80 – 7.09	Good. Minor errors of technique, rhythm, form or posture. Competent performance. Eye intensity, breath control good
6.50 – 6.79	Pronounced deficiencies in one or more of the essential features (poor posture, loss of balance, lacking in martial interpretation) numerous errors
6.00 – 6.49	Poor execution. Numerous omissions. Major errors

# Demonstrations

<u>Criteria</u>	<u>Major Aspects</u>	<u>Essential Features</u>
<b><u>Difficulty</u></b>	Complexity	Combinations, directional changes, variations of speed, length of form, difficulty of technique
	Level	Level of the form: related to the competitors experience and skill level
<b><u>Interpretation</u></b>		Virtuosity, projection, understanding of movements, competence and realism of performance, conviction of contents
<b><u>Execution</u></b>	Technique	Stances, posture, balance, correct application of strikes, blocks, kicks etc. Accuracy, fully completed techniques and manoeuvres
	Power	Speed, body movements, breath control, Strength, tension
	Focus	Concentration of energy, eye intensity, precision of technique, timing
	Rhythm	Fluid, continuous movement, balance of hard and soft aspects, contrast fast and slow movements, smooth transition between stances and during directional changes, consistency and continuity



# Presentation Night



- Most of you should be aware of the spectacular performances that Team Freestyle exhibit every year at our end of year awards night. Each year, Team Freestyle members, as well as up and coming XMA students, get together to form the Presentation Night Demo Team!

If you are interested in participating in this end of year event, here's a couple of things you need to know:

- Attendance: all rehearsals, discussion groups, and practice sessions are **MANDATORY FOR ALL PARTICIPANTS**. 24 hours notice is the minimum requirement for any person that cannot attend. Frequent inability to attend sessions will result in the cease of your participation.
- National Placements: those who are awarded at the National Titles, with a placement, award, medallion, etc. are required to bring their awards to the night for exhibition. Those who place in demonstration events will also be required to perform their routine on the night.
- Homework: every presentation night performance will require you to take time outside of class or rehearsals to learn certain sections, line-ups, routines etc. Failure to practice these sections in your own time, may result in a badly executed performance. Any person your coaches see as struggling to keep up with the group, will have their position revoked, and replaced with a shorter section.
- Rehearsals: rehearsals usually first occur between late September – early October. Rehearsals will occur either on a Friday evening or weekend afternoon, and (depending on progress) run for a minimum of 3 hours (including break time)
- There's usually a part for everyone, so don't be afraid to ask and get involved. But be prepared to put 100% into having your full attention throughout the duration of the whole rehearsal/exhibition period.

Note: Some costs may incur for uniforms, props, etc. if you have any difficulties obtaining items, please talk to your coaches about procurement ideas,

# Special Events



- Team Freestyle can also be booked for special demonstration events. Previous events include the St Francis Fair, Respawn LAN computer gaming expo, Relay for Life anti-cancer fundraising event, and Proactive Self Defence birthday parties.
- Team Freestyle coaches will also be working towards exhibition fundraising events in the future
- All special exhibition events will require some of our top demonstration competitors to display their best skills in either solo, partner, or group demonstrations.
- A simple and typical format would consist of multiple competitors taking turns in either solo, partner, or group “blitz” demo’s (short demonstrations of 4-8 moves, getting progressively more impressive) to a song of unanimous decision.
- However, we challenge participating team members to innovate their own formats and routines where opportunities are available.

# Weapons



- Weapon training is a big part of both XMA training at the Proactive Academy, and demonstrations at tournaments. However, rules govern who may purchase/use weapons, how they are stored, how to travel with weapons, etc.
- Firstly, those wishing to practice weaponry must either be enrolled in a class that uses weaponry, or have permission from one of your coaches to practice at other times
- **ALL WEAPONS** used in XMA classes or at tournaments require a Chief Commissioner's prohibited weapons approval. (This does not include kali sticks or Bo Staff) Those wishing to practice weaponry, as well as purchase, own, or carry prohibited weapons, must apply for an approval. The application is downloadable from the Victoria Police website, there is a standard fee, and the application must be renewed on a yearly basis.
- Strict rules enforce how you must store and transport your weapons. All instructions appear on the application, however, for our guide on storage and transportation of weapons, see below:
- **Storage:** All weapons should be contained in a box of sturdy construction. The box should have a minimum of 2 hardened steel locks, and should be affixed to the ground to prevent easy movement. A large toolbox with reinforced locks works best, and is less expensive than a firearms safe, which is another option.
- **Transportation:** All weapons should not be directly accessible/visible to any person other than the holder of a Prohibited Weapons Approval. Keep all weapons in a protective case during transit. For interstate/international transport, further security measures should be enforced. A lockable transport case is best, if available, such as a rifle case (pictured below). Your airline must be informed of your intention to transport a prohibited weapon, and your Approval should be kept with you at all times. There may be a separate transport fee involved in transporting certain items via airline.

# Team Freestyle Fee

- Team Freestyle is a one of a kind training regime.
- Your coaches are volunteering their time, and dedicated to giving you personally, the best knowledge, skills and support that is available.
- All information and support is provided by previous world class competitors, who have gained their knowledge in the competition, not the sidelines.
- In order to continue providing a world class service, at a world class venue, we ask for a small annual contribution fee.
- Annual Team Freestyle Training fee: (as at 01/02/16)

Non Member	\$779
Silver Member	\$150
Gold Member	\$75
Platinum Member	FREE

This is inclusive of:

- Your official Team Freestyle handbook
- Your membership badge (for AFMA Gi)
- Training sessions with Team Freestyle
- Annual Team Freestyle participation recognition

Note: We want Team Freestyle members to be our elite members and hence take advantage of Proactive's multi discipline training. Hence the TF package is COMPLIMENTARY to all Platinum members of Proactive Self Defence. All Fees current as of 2016.

# Training At Home: Mind

Team Freestyle members are encouraged to be the best they can be, in all aspects of their life, outside of Martial Arts, we expect members to be respectful, well educated, healthy and positive role models for all members of the community.

- **Organisation:** Members should organise their time efficiently to maximize the amount of activities completed every day. A daily planner is highly recommended to keep you on top of all engagements and time should be allocated towards all activities every day. As well as being structured and well organised on time, members are also encouraged to have structure to their environment. Bedrooms, school desks, offices, etc. should be kept neat and well organised at all times.
- **Education:** Members currently attending school are required to prioritize their education above all else **INCLUDING** martial arts training. Time for study should be allocated every night, regardless of task completions. Those currently not studying or schooling, are still encouraged to allocate at least one hour every day towards furthering your education in a subject of your choosing.
- **Free time:** When ALL other tasks are completed, members should allocate themselves sometime to relax. However, members are encouraged to use free time effectively. Non-Constructive stimuli (e.g. “time wasting” video games /television) should be avoided as often as possible and replaced with a more constructive alternative. Entertainment can also be active and educational, and members are encouraged to seek out new and interesting ways of learning before using gaming consoles, etc.

# Training at Home: Body

- Physical activity: Martial arts training is an excellent way to improve your physical capacity, but members are encouraged to seek out more and interesting ways to stay active every day. From different kinds of sports activities, to just exploring the outdoors, you are encouraged to keep moving as much as possible.
- Strength and Development: Members are encouraged to allocate time every day to developing their physical strength and technique.

## Recommendations:

- **Push-ups**: Focus on Proper form (back straight elbows in) Start with 4, add 2 every day.
- **Sit-ups**: Focus on engaging abdominal muscles, work variations to engage different areas. 3 different variations minimum of 10, add more reps/variations as you develop.
- **Lunges**: Focus on proper form (back straight, slow and controlled) Minimum of 10 per night, add more reps as you develop.
- **Squats**: Focus on proper form (back straight, feet and legs properly aligned, as close to floor as possible) Minimum of 10 per night, increase depth of squat/add more reps as you develop.
- **Shadow Boxing**: Focus on increasing speed of strikes without losing control of power or technique. Increasing height of kicks, and speed of footwork should be fundamental to your training. Minimum 2mins per night.
- **Stretching**: Increasing flexibility should be practiced regularly. Begin your stretch just outside your comfort zone, hold for 20-30sec, using big breaths slightly increase the stretch on every exhale. Repeat every stretch at least once.
- **Resistance Training**: Weight training at the gym is a great way to increase your strength. If possible, at least one day every week should be set aside for gym training. If more than one day a week is manageable, split your workouts to upper/lower body, different muscle groups, push/pull exercise, etc.

# Training at Home: Spirit

How you represent yourself to others, is also how you represent both Proactive and Team Freestyle, members should always be respectful and positive role models to all members of the community.

- Social: Team Freestyle members are encouraged to be active members in social groups, being friendly and positive to all those around them. Bullying behaviour should not be tolerated towards themselves or others.
- Respect: As well as being positive and friendly, members are also required to have exceptional manners, both inside and outside of Proactive. Adults should always be addressed in a manner of befitting, and all instructors are to be given proper title unless otherwise indicated.
- Conflict: All members are encouraged to try and sort out all disagreements or arguments in a diplomatic and appropriate manner. To resolve an issue, be sure to listen to all opposing arguments, think collectively about a solution, and act on it. Sometimes a third party involvement be required.
- Being a Role Model: Team Freestyle members are looked upon as the best and brightest Proactive has to offer. Therefore, your actions during classes will be emulated by those around you. Members should always set the best example for other students before and after classes. Outside Proactive, members are still required to be positive role models for members of the community, offering their assistance when needed, displaying selfless acts of generosity or any altruistic behaviors for other to follow.