

ZEN MARTIAL ARTS CENTER

PROJECT GUIDE
OUT OF THE DOJO AND INTO THE WORLD



TASK CHECKLIST

- Print this project workbook
- Brainstorm Problems/Opportunities
- Give your project a name
- Propose a solution
- Identify your inspiration
- Gather information
- Record information
- Do I need more information?
- Plan steps to do *before* the project
- Plan steps to do *during* the project
- Plan steps to do *after* the project
- Record your project
- Turn in your project workbook

STEP 1: FINDING INSPIRATION



Usually when a student is coming to me for ideas for their project I share with them the story of Julia “Butterfly” Hill. Julia is an environmentalist that felt so strongly about saving a grove of trees in Northern California, that she decided to live in a tree as an act of civil disobedience. She called the redwood tree, “Luna,” and lived in it for 738 days! Now I’m not saying that we should all go live in a tree, but what I do suggest to students of all ages is to “find your own tree.” What is it that you are passionate about? What problems do you

see around you that could signal an opportunity to help? Is it helping the poor? The sick? The environment? Education or awareness about an issue that we need to know about? Find your tree.

When you see a problem around you, look for the opportunity to help. If you are having trouble coming up with your project idea, start with identifying some problems in the community around you. Your community could be your neighborhood, your school, your city, or the world. Then, brainstorm some brief ideas of what might be done to help.

“WHEN I SAY PROBLEM, YOU SAY OPPORTUNITY”

PROBLEM

OPPORTUNITY

PROBLEM	OPPORTUNITY

STEP 2: PLANNING YOUR PROJECT

Now that you have some idea of what you would like to accomplish, it’s time to start focusing in on your goals.

GIVE YOUR PROJECT A NAME

Get creative with your project name. A good project name will get others interested and even inspired to help you out. Some of our best names we have seen in the past have been a play on words between the project and the martial arts such as “Sock the Homeless”, and “Punching out Domestic Violence”.

PROPOSE A SOLUTION

Now that you have identified a problem and a potential solution, it’s time to give some more detail on what exactly you are going to do as a solution.

PROPOSED SOLUTION: WHAT DO YOU PLAN TO DO TO HELP?

IDENTIFY YOUR INSPIRATION: WHO OR WHAT INSPIRED YOU TO TAKE ACTION?

STEP 3: RESEARCH YOUR PROJECT

A good project is also a learning experience for everyone involved. The more you learn about your project, how it helps your community, and the organizations involved, the more you will be able to inspire those around you to help.

GATHER INFORMATION: WHAT FACTS AND INFORMATION DO YOU NEED?

RECORD INFORMATION: WHAT HAVE YOU LEARNED THAT WILL HELP OR YOU CAN SHARE WITH THOSE THAT ARE HELPING YOU?

MORE INFORMATION: IS THERE ANY MORE INFORMATION THAT YOU NEED? WHAT? WHO CAN HELP YOU TO FIND IT?

STEP 3: CREATE AN ACTION PLAN

What are the action steps that you need to take to accomplish your goal? Include dates, materials that you will need for your project, etc.

BEFORE: WHAT STEPS ARE NECESSARY BEFORE THE DATE OF YOUR PROJECT?

DURING: WHAT STEPS MUST BE TAKEN DURING THE PROJECT ITSELF?

AFTER: HOW WILL YOU RECORD YOUR PROJECT FOR OTHERS TO SEE?

TOOLS: WHAT TOOLS DO YOU PLAN TO USE DURING YOUR PROJECT?

- Online Journal** – Are you going to write about it and share it online at ZenMartial.com?
- Discussion Forum** – Will you use the online forum to ask others for help?
- Pictures** – Do you have a friend or family member that can take pictures for you?
- Video** – Can a friend or parent record your project on video for everyone to see?
- Challenges** - Are you going to list the problems that you run into?
- _____
- _____
- _____
- _____

STEP 4: RECORD YOUR PROJECT

Many students describe this as being the most fun part of their project. Multimedia technology is so accessible now, that it makes recording our projects fun and easy. Use a combination of photo, video, and online journaling to document your project. Your project can inspire someone else. **(Parents: keep your child's recorded project—it is great for their college portfolio!)**

RECORD YOUR PROJECT: WHAT TOOLS DID YOU USE TO RECORD YOUR PROJECT?

- Online Journal** – I documented my project on ZenMartial.com.
- Discussion Forum** – I interacted with volunteers on the dojo's discussion forum.
- Pictures** – I took and posted pictures on the dojo website from my project.
- Video** – I recorded a project video and uploaded it to youtube/the dojo website.

- _____
- _____
- _____
- _____

TURN IN YOUR PROJECT: RETURN THIS COMPLETED WORKBOOK TO GET CREDIT FOR YOUR PROJECT

Return this workbook, completed with your notes to your instructor. When you get credit for your project, you will be awarded a corresponding star patch based on how many methods of recording your project you used (online journal, discussion forums, pictures, and video)

- Yellow Star – One recording method
- Green Star – Two recording methods
- Brown Star – Three recording methods
- Black Star – Four recording methods

These star patches go on the bottom right pant leg on your karate gi.