Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***The West Point Way of Leadership* by Col. Larry R. Donnithorne Book Test**

1. What are people taught at West Point? (ch. 3)
2. What are the qualities of character associated with leaders? (ch. 3-4)
3. Explain the purpose of the "drop your bag" experience at West Point? (ch. 13-14)
4. What are the three lessons of follower ship? (pg. 13)
5. What are the four key responses cadets learn? (pg. 25)
6. Describe why it is important for every leader to find courage in fear? (pg. 39-41)
7. What is the honor code of West Point? (pg. 51)
8. Describe how the honor code is similar to what is taught at 5280 Karate Academy.
9. The key to survival in learning to be a team member is to? (pg. 73)
10. Explain what the "hardest earned is the most appreciated" means. (pg. 83)
11. Why is it important to study your failures? (pg. 89-94)
12. How can you best manage stress from the many demands that are placed on you? (pg. 103-104)
13. Describe what "maintaining personal and organizational integrity" means. (pg. 118)
14. Pages 149-158 present a concept about how leaders treat those around them. Discuss the contents and intent of this section as it applies to you as a black belt leader.
15. Write a paragraph describing how your progress through the martial arts program is like the West Point program. Use examples from the book in your answer.