



# RITE OF PASSAGE

Becoming Man Curriculum

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# Yearly Requirments

## **YEAR 1 = 7TH GRADE**

- Dads 100% involved on Entry Nights.
- Physical Goal= unweighted 75 min assisted murph
- Read Make Your Bed by William H. McRaven
- Read Chop Wood Carry Water by Joshua Medcalf

## **YEAR 2 = 8TH GRADE**

- Dads do 60% of activities with sons on Entry Nights.
- Physical Goal= unweighted 60 min assisted murph
- Read Unbeatable Mind by Mark Divine
- Read The 7 Habits of Highly Effective People by Stephen R. Covey

## **YEAR 3 = 9TH GRADE**

- Dads do 40% with sons on Entry Nights.
- Physical Goal= unweighted 75 min no assistance murph
- Read As a Man Thinketh by James Allen
- Read The Art of War by Sun Tzu
- Read The One Year Chronological Bible found on YouVersion



# Yearly Requirments

## **YEAR 4 = 10TH GRADE**

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- Dads 20% but watch and encourage everything on Entry Night.
- Physical Goal = Unweighted 60 min no assistance murph
- Read Way of The Warrior by Erwin McManus
- Read Self Control, Its Kingships and Majesty by William George Jordan
- Study the entire Old Testament of the Bible

## **YEAR 5 = 11TH & 12TH GRADE**

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- Dads 0% involved.
- 11th graders will encourage younger participants on their entry nights but will not participate.
- 12th graders will have their final and graduation separate from other's entry night.
- 11th grade physical Goal= weighted 75 min murph
- 12th grade physical Goal = weighted 60 min murph
- 12th Grade Read Becoming Man by IV Marsh
- 11th Grade Read Man's Search for Meaning by Viktor Frankl
- Study the entire New Testament of the Bible

**If they graduate and meet the requirements, they will receive their Warrior Shirt**



# Participant Requirements

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- Entry Nights
- Orientation Meetings
- Year two they have pillar requirements.
- Must perform 20% better on each Entry Physical Test
- Must attend ALL Becoming Man events possible such as: Men's Breakfast, Terra Forma, Summit, Murph Workout.
- Must read yearly books and turn in 1 page MLA formatted single spaced report per book by the end of the year with 10 things they learned.
- Must attend 80% of Rite of Passage "Rally Days" per year.
- Must have appropriate attire at Entry Night & Rallies.
- Must have 1 bible and 1 journal that they use to study with.
- Must tithe 10% of their income to their local church.
- Must serve at your local church at least once a month.





# What Participants Will Receive

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- Yearly curriculum
- Instruction and teaching at each Rally
- Lodging + meals at each Entry Night
- Year 1 sons and fathers receive a tactical backpack.
- Year 2 nothing
- Year 3 sons receive an ROP Patch for their backpacks.
- Year 4 nothing
- Year 5 Sons who finish their finals receive a Warrior Shirt + ROP Pendant
- Color oriented shorts to signify where they stand physically. Where they stand is up to them. Age does not matter, only where they test out. (see bottom for test)

## Yearly Cost:

\$150 per son

\$50 per father





# What is a “Rally” ?

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- “Rally” is a term used to describe the Saturdays throughout the year the fathers and sons come together with their instructor(s) to be taught curriculum, learn a skill that every man should know, and participate in a group workout.
- The time and location can be determined by the chapter where it is held.

# What is Orientation?

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- Yearly Orientation is required for all levels of Rite of Passage
- Any son attending that has passed year 1 of Rite of Passage must bring their journal for proof of journaling, their Bible for proof of reading/studying, a 1-page book report with 10 takeaways they learned from the book requirement of the previous year, and if they have a job the church must show that they have been tithing.
- All waivers and honor codes will be signed at orientation.
- Payments, if not already paid, will be fulfilled here.





# What is an “Entry Night” ?

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- Entry Night is the yearly “buy in” that each father and son must go through to be a member of Rite of Passage and to receive anything from the program the following year.
- Upon arrival at Entry Night, fathers and sons must be dressed to code and ready to perform their Entry Night Physical Test where they will be expected to perform 20% better than the previous year.
- Dress code is running tennis shoes, black shorts, black shirt, and ankle socks. It is required to have 3 sets of all clothing items.
- Towels and toiletries will be provided.
- Each Entry Night will progressively become more challenging as the years advance to prepare the sons for their final. Fathers will slowly fade out of Entry Nights year to year until they do not participate at all.
- Every new participant must attend the year one Entry Night before advancing to their intended grade level.
- There are four total Entry Nights and 1 final.





# What is the “Final”?

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- The final night is the last step of Rite of Passage for graduating seniors.
- Sons will be picked up away from their lodging location and taken to where they will be staying. Fathers will not attend.
- This will be the hardest 12 hours of their life. Corresponding with the curriculum heading “Are you willing to be a man?” as their theme for the night.
- Upon graduation, their fathers will be waiting on them to welcome them into manhood, present them with their warrior shirt, and stamp a pedant into their chest as a stamp of approval.





# Man Skills



## 7TH GRADE

### Yard work:

- how to – weed eat, mow grass, mix gas, use a blower, run a chainsaw, lay mulch, pressure wash, pot/plant plants, etc.

## 9TH GRADE

### House care

- how to- change light fixtures, change light bulbs, change air filters, drain a dishwasher, fix a sink, etc.

## 11TH-12TH GRADE

### Personal well-being

- how to- lift weights, eat properly, shave, etc.
- weapons handlings
- how to- clean guns, handle/shoot guns, sharpen and clean knives, striking and jiujitsu, etc.

## 8TH GRADE

### Spiritual

- how to- pray, journal, worship, study scripture, fasting, etc.

## 10TH GRADE

### Car work

- how to- change oil, change a tire, plug a tire, change brake pads, etc.

## TERRA FORMA (ALL AGES)

- Learn to kill, skin, clean, and eat an animal.
- Learn to start a fire with a fire starter.





# Curriculum

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## Who Am I?

THE QUADRANT & THE BRIDGE  
EMOTIONAL DEPTH  
BEING AWARE  
MENTAL TOUGHNESS  
STRESS, FEAR - COURAGE  
BLINDSPOT  
GODFIDENCE  
WARRIOR SPIRIT  
SEVEN PILLARS OF LIFE

## Why Am I Here?

WHEEL OF LIFE  
LEGACY DECISIONS  
INCREASE MEASURE OF RULE  
WHAT IS YOUR PERSONAL RESPONSIBILITY LEVEL?  
ORDER

## What's Available to me?

SMARTER GOALS  
LIMITS & LIDS  
ABUNDANCE MENTALITY  
VISUALIZATION





# Curriculum

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## **What Am I Willing to Do to Get It?**

TAKING ACTION & FAILING FORWARD FAST  
OBSTACLE IMMUNITY  
OWN IT  
DECLUTTERING  
G.R.I.T.

## **Are You Willing to Become a Man?**

POWER OF UNDERSTANDING PERSONALITIES  
HAVE A BIG SET OF N.U.T.S.  
EMPOWERING PEOPLE TO WIN  
MENTORSHIP





# Miscellaneous Information

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- BCOMING.CHURCH chose to do Rallies on the same day as our men's breakfast.
- Our Entry Nights are held during the summer.
- Quarterly check-ins must take place to see if sons are progressing through their readings and if they are retaining their teachings.
- This can be done with fill in the blank tests or oral tests.
- At these quarterly check-ins sons will also be able to test physically to progress through the shorts color system found below.
- For a son to progress they must complete all the "Ceiling Performance" requirements of their current color ranking within the same year.
- Weather permitting, sons won't wear a shirt during their Rally workouts.





# FAQ

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## **What happens if I don't read the books or submit a book report?**

- The answer to all of these is you will be given one warning through an in-person meeting and if it is not corrected you will be asked to step away from Rite of Passage for the remainder of the year. You can join back in the following year if you make it through the interview process.

## **How do I join Rite of Passage?**

- The caretaker must fill out a request form and then you will be contacted for an interview to see if this is a good fit for you.

## **What if I do not have a dad?**

- We will provide a yearly mentor for you and if you choose to continue then each year you will receive a new mentor.

## **What do I wear to each Rally?**

- Bring your bible, journal, and curriculum book each time.
- Wear your color ranking shorts and workout shoes.





# FAQ

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## **What if I (the son) do not have a job?**

- Your father will be held accountable to the tithing requirement and if he fails in this way then you will not receive your Warrior Shirt upon graduation.

## **Who will host the Entry Nights and the Final?**

- With the amount of physical, mental, and emotional stress each father and son may be under during these events, we believe it is best for all Entry Nights and Finals to be held at Legacy Ranch in Mt. Hope, AL for the foreseeable future.

## **What happens if I do not progress physically in any way?**

- You will be removed from Rite of Passage for the remainder of the year.

## **What happens if I have a job but do not tithe?**

- You will be removed from Rite of Passage for the remainder of the year.





**PHYSICAL FITNESS TESTS**  
**PHYSICAL FITNESS TEST BATTERY NO. 1**  
**WHITE TEAM**

|  | <b>Minimum<br/>Performance</b> | <b>Median<br/>Performance</b>                | <b>Ceiling<br/>Performance</b> |
|--|--------------------------------|--|--------------------------------|
| <b>PULL-UPS</b>                        | <b>2</b>                       | <b>6</b>                                     | <b>10</b>                      |
| <b>PUSH-UPS</b>                        | <b>16</b>                      | <b>24</b>                                    | <b>32</b>                      |
| <b>BAR- DIPS</b>                       | <b>4</b>                       | <b>8</b>                                     | <b>12</b>                      |
| <b>SIT-UPS (2 min.)</b>                | <b>30</b>                      | <b>45</b>                                    | <b>60</b>                      |
| <b>STANDING BROAD<br/>JUMP</b>         | <b>6'</b>                      | <b>6'6"</b>                                  | <b>6'9"</b>                    |
| <b>SHUTTLE RUN(200<br/>Yds.)</b>       | <b>38 sec.</b>                 | <b>36 sec.</b>                               | <b>34 sec.</b>                 |
| <b>ROPE CLIMB(18'<br/>Stand Start)</b> | <b>Hands/Feet</b>              | <b>1/2 Hands<br/>onlyComplete<br/>w/feet</b> | <b>Hands only</b>              |
| <b>MILE RUN</b>                        | <b>7:30</b>                    | <b>7:15</b>                                  | <b>7:00</b>                    |
| <b>MAN, LIFT, AND<br/>CARRY</b>        | <b>440 Yds.</b>                | <b>660 Yds.</b>                              | <b>.5 mile</b>                 |
| <b>PEGBBOARD(Vertic<br/>al)</b>        | <b>2 Holes</b>                 | <b>4 Holes</b>                               | <b>6 Holes</b>                 |
| <b>SWIM 16 laps in a<br/>25m Pool</b>  | <b>15 min.</b>                 | <b>13 min.</b>                               | <b>10 min.</b>                 |





**PHYSICAL FITNESS TESTS**  
**PHYSICAL FITNESS TEST BATTERY NO. 2**  
**RED TEAM**

|  | <b>Minimum<br/>Performance</b> | <b>Median<br/>Performance</b> | <b>Ceiling<br/>Performance</b> |
|--|--------------------------------|-------------------------------|--------------------------------|
| <b>PULL-UPS</b>                        | <b>10</b>                      | <b>12</b>                     | <b>14</b>                      |
| <b>PUSH-UPS</b>                        | <b>32</b>                      | <b>40</b>                     | <b>48</b>                      |
| <b>BAR- DIPS</b>                       | <b>12</b>                      | <b>15</b>                     | <b>18</b>                      |
| <b>STANDING BROAD<br/>JUMP</b>         | <b>6'9"</b>                    | <b>7'0"</b>                   | <b>7'3"</b>                    |
| <b>SHUTTLE RUN(300<br/>Yds.)</b>       | <b>55 sec.</b>                 | <b>53 sec.</b>                | <b>52 sec.</b>                 |
| <b>ROPE CLIMB(18'<br/>Stand Start)</b> | <b>18ft.<br/>Hands Only</b>    | <b>20ft.<br/>Hands Only</b>   | <b>15 sec.</b>                 |
| <b>1.5 MILE RUN</b>                    | <b>11:30</b>                   | <b>11:00</b>                  | <b>10:30</b>                   |
| <b>MAN, LIFT, AND<br/>CARRY</b>        | <b>.5 mile</b>                 | <b>.75 mile</b>               | <b>1 mile</b>                  |
| <b>PEGBBOARD(Vertica<br/>l)</b>        | <b>6 Holes</b>                 | <b>8 Holes</b>                | <b>1Trip</b>                   |
| <b>SWIM 32 laps in a<br/>25m Pool</b>  | <b>25 min.</b>                 | <b>20 min.</b>                | <b>15 min.</b>                 |
| <b>EXTENSION PRESS-<br/>UP</b>         | <b>1</b>                       | <b>3</b>                      | <b>5</b>                       |







**PHYSICAL FITNESS TESTS**  
**PHYSICAL FITNESS TEST BATTERY NO. 3**  
**BLUE TEAM**

|  | <b>Minimum<br/>Performance</b> | <b>Median<br/>Performance</b> | <b>Ceiling<br/>Performance</b> |
|--|--------------------------------|-------------------------------|--------------------------------|
| <b>PULL-UPS</b>                        | <b>14</b>                      | <b>18</b>                     | <b>22</b>                      |
| <b>HANDSTAND PUSH-UPS</b>              | <b>12</b>                      | <b>14</b>                     | <b>16</b>                      |
| <b>BAR- DIPS</b>                       | <b>18</b>                      | <b>28</b>                     | <b>32</b>                      |
| <b>STANDING BROAD<br/>JUMP</b>         | <b>7'3"</b>                    | <b>7'6"</b>                   | <b>8'</b>                      |
| <b>SHUTTLE RUN(300<br/>Yds.)</b>       | <b>52 sec.</b>                 | <b>50.5 sec.</b>              | <b>49.5 sec.</b>               |
| <b>ROPE CLIMB(20' Stand<br/>Start)</b> | <b>Hands Only</b>              | <b>13 sec.</b>                | <b>11 sec.</b>                 |
| <b>2 MILE RUN</b>                      | <b>16:00</b>                   | <b>15:00</b>                  | <b>14:00</b>                   |
| <b>MAN, LIFT, AND CARRY</b>            | <b>1 mile</b>                  | <b>1.25 mile</b>              | <b>1.5 mile</b>                |
| <b>PEGBBOARD(Vertical)</b>             | <b>1 Trip</b>                  | <b>2 Trips</b>                | <b>3 Trips</b>                 |
| <b>SWIM 64 laps in a 25m<br/>Pool</b>  | <b>50 min.</b>                 | <b>40 min.</b>                | <b>30 min.</b>                 |
| <b>EXTENSION PRESS-UP</b>              | <b>15</b>                      | <b>20</b>                     | <b>30</b>                      |
| <b>TWO ARM HANG</b>                    | <b>1:45</b>                    | <b>2:15</b>                   | <b>3:00</b>                    |





**PHYSICAL FITNESS TESTS**  
**PHYSICAL FITNESS TEST BATTERY NO. 4**  
**GOLD TEAM**

**Entire Repetition Sequence Must Be Done Without Stopping**

**Bar-Dips = 52**  
**Pull-Ups = 34**  
**Handstand Push-Ups = 50**  
**Alt. 1 Arm Burpees = 26**  
**300 Yard Shuttle = 47 sec.**  
**20' Rope Climb = 2 trips sitting**  
**Extension Press-Ups = 100**  
**Vertical Pegboard = 5 trips**  
**Handstand = 45 sec.**  
**Man, Lift, Carry = 5 miles**  
**1 Mile Run = 5:15**  
**5 Mile Jog = finish**  
**Obstacle Course = complete 2 trips**  
**1 Mile Swim = 19 min. 40 sec.**  
**Underwater Swim = 25 meters**  
**2 Mile Swim = finish**  
**Drown Proofing = 6 min.**  
**Tread Water = 2 hours**





# Exercise Descriptions

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## **Bar Dips**

- Fully extend and dip until shoulders and elbows are parallel.

## **Pull-Ups**

- Lock out at the bottom
- Chin over bar
- Hands front facing with thumb around bar
- NO KIPPING

## **Handstand Push-Ups**

- No kicking
- Head must touch the floor
- Arms fully extended at the top

## **Alt. 1 Arm Burpee**

- Chest must touch the ground
- Jump at the top with feet coming off the ground

## **Shuttle Runs**

- Foot must touch the line

## **Extension Press-Up**

- Must touch the ground

## **Peg Board**

- Cannot use feet

## **Man Lift Carry**

- Use a man within 10lbs of your body weight
- Their feet cannot touch the ground
- Piggyback style

## **Drown Proofing**

- Hands tied together
- Feet tied together

## **Treading Water**

- Cannot touch the bottom or sides
- Head must be above water at all times

## **Push-Ups**

- All hand release

## **Sit-Ups**

- Elbows must touch knees

## **Broad Jump**

- Must stick landing
- Falling and/or stepping forwards or backwards results in a rep fail