



Parkland
December 2021
Happy Holidays!!

This Month's Motto:
I Believe = I Achieve

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
S E L F - C O N F I D E N C E	November 29 T-SHIRT DAY Clapper Drills	November 30 TEST REVIEW	<u>December 1</u> T-SHIRT DAY Sparring Drills *Gold and Above Bring Sparring Gear	<u>December 2</u> TEST REVIEW	<u>December 3</u> FORMS DAY <i>Achievement Patch 7:30pm</i>	<u>December 4</u> T-SHIRT DAY Target Practice BBLP Fitness 1:00pm
	6 TEST REVIEW	7 T-SHIRT DAY Self-defense	8 TEST REVIEW	9 T-SHIRT DAY Open Practice	10 FORMS DAY <i>BBLP SEMINAR EXTREME BO #3 7:30pm</i>	11 T-SHIRT DAY Pad Kicking
	13 T-SHIRT DAY Kungfu	14 TEST REVIEW	15 T-SHIRT DAY Sparring Drills *Gold and Above Bring Sparring Gear	16 TEST REVIEW	17 FORMS DAY	18 T-SHIRT DAY Instructors Choice
	20 TEST REVIEW <u>Intensive Training Session</u>	21 T-SHIRT DAY Kungfu <u>Intensive Training Session</u>	22 TEST REVIEW <u>Intensive Training Session</u>	23 T-SHIRT DAY Circuit Training <u>Intensive Training Session</u>	24 HOLIDAY BREAK SCHOOLS CLOSED!	25 HOLIDAY BREAK SCHOOLS CLOSED!
	27 HOLIDAY BREAK SCHOOLS CLOSED!	28 HOLIDAY BREAK SCHOOLS CLOSED!	29 HOLIDAY BREAK SCHOOLS CLOSED!	30 HOLIDAY BREAK SCHOOLS CLOSED!	31 HOLIDAY BREAK SCHOOLS CLOSED!	<u>January 1</u> HAPPY NEW YEAR!!! SCHOOLS CLOSED

Important Dates

12/3 Nov/Community Service BBLP Achievement 7:30pm

12/4 **BBLP FITNESS 1:00pm**

12/10 BBLP SEMINAR 7:30pm

12/20 – 12/23 **Intensive Training Session**

12/24 – 1/2 **Schools Closed**

1/7 BBLP ACHIEVEMENT PATCH Dec/Nutrition 7:30pm

This month's patch

NUTRITION

***Test Review days require full uniform for marked attendance.**

***Red belts and up must bring sparring gear to sparring classes for monthly requirement.**

***After closing for the holiday break we will return to classes on Monday January 3rd.**

NUTRITION

What can you do to feel better and live longer? How can you avoid becoming just another health statistics due to poor diet? Go ahead and earn your nutrition patch!

Requirements for the patch are:

****Write down or type all answers in complete sentences and turn it in to your instructor at least one day before the next meeting:***

4-8 years old: *Look at a published healthy food pyramid.*

- ◆ Make your own drawing of the pyramid. Place your own favorite foods in each section.
- ◆ Identify one healthy food that you were going to add to your diet.
- ◆ Create a healthy meal plan for one day using the food you like and the guidelines. Write down what would be the best food choices for that day and share with your family.

9-14 years old: *(Same as above, plus) Look at a published healthy food pyramid.*

- ◆ Keep a written record of everything you eat and drink over seven days.
- ◆ Compare what you ate with what the food pyramid recommends and write down how you could improve your nutrition.
- ◆ Have a family meeting, share your findings, discuss how the entire household could improve their diet.

15 years old - Adult: *(Same as above, plus) Look at a published healthy food pyramid.*

- ◆ Design a healthy diet for yourself for at least one week. Plan exactly what you will eat at each meal, and healthy snacks to eat between meals.
- ◆ Live on the diet you have designed for at least a week.