



Sunrise  
January 2022  
Happy New  
Year!!!!

This Month's Motto:

Healthy Body + Healthy Mind =  
Excellent Life

**IMPORTANT DATES:**

1/21 Graduation 7:00pm  
1/29 Movie Night 6-10pm

**CAMP DAYS:**

1/11 & 1/17

**BRING-A-FRIEND-**

**DAYS:**

1/3, 1/8, 1/11, 1/13,  
1/15, 1/17, 1/22, 1/25,  
1/27, 1/29, 1/31

**BBLP ACHIEVEMENT**

\*This Month's Patch\*

**Physical Fitness**

**Achievement  
Requirements on the  
back!**

**Demo:**

1/8, 1/15, 1/29 1:30pm  
1/22 2:30pm

**BBLP RUN:**

1/22 1:30 pm  
@Westwind Park

**Beg. Bo**

1/14 5:45 pm

**Beg. Nunchaku**

1/7, 1/28 5:45 pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>S E L F - C O N F I D E N C E</b>	3  T-Shirt Day Pad Kicking Flying Side Kicks Bring-A-Friend-Day	4  Test Review	5  T-Shirt Day Sparring Drills *Gold & Above Bring Protective Gear*	6  Test Review	7  FORMS DAY Beg. Nunchaku 5:45 BBLP Seminar (Double Nunchaku) 7:00pm BBLP Achievement 7:30pm	8  T-Shirt Day Circuit Training Bring-A-Friend-Day Demo 1:30
	10  Test Review	11  CAMP DAY T-Shirt Day Kung Fu Bring-A-Friend-Day	12  Test Review	13  T-Shirt Day Tumbling Bring-A-Friend-Day	14  FORMS DAY Beg. Bo 5:45 pm	15  T-Shirt Day Self-Defense Battlefield Bring-A-Friend-Day Demo 1:30
	17  CAMP DAY T-Shirt Day Clapper Drills Bring-A-Friend-Day	18  Test Review	19  T-Shirt Day Sparring Drills *Gold & Above Bring Protective Gear*	20  Test Review	21  FORMS DAY Extreme 5:45 pm Graduation 7:00 pm	22  T-Shirt Day Instructor's Choice Bring-A-Friend-Day BBLP RUN 1:30 @Westwind Park Demo 2:30
	24  Test Review	25  T-Shirt Day Kung Fu Bring-A-Friend-Day	26  Test Review	27  T-Shirt Day Self-Defense Dodgepad Bring-A-Friend-Day	28  FORMS DAY Beg. Nunchaku 5:45pm	29  T-Shirt Day Open Practice Bring-A-Friend-Day Movie Night 6-10pm Demo 1:30
	31  T-Shirt Day Extreme Combos Bring-A-Friend-Day	February 1  Test Review	February 2  T-Shirt Day Sparring Drills *Gold & Above Bring Protective Gear*	February 3  Test Review	February 4  FORMS DAY Beg. Bo 5:45 BBLP Seminar (Double Nunchaku) 7:00pm BBLP Achievement 7:30pm	February 5  T-Shirt Day Instructor's Choice Bring-A-Friend-Day Demo 1:30

## **BBLP ACHIEVEMENT PATCH: PHYSICAL FITNESS**

Physical fitness includes much more than just exercise. Exercise is an important ingredient to being fit and healthy but being fit is a way of life. It requires us to know how the body works and how to train the body to perform at its best. Being fit increases our energy and stamina and our ability to concentrate and leads to a longer, healthier life.

People who are physically fit have much more energy than others, yet they feel more relaxed and in control. They have an increased sense of well-being because they feel healthy. People who are fit achieve more and are generally more positive than those who are not.

Becoming physically fit and staying fit requires dedication, hard work, and persistence. The payoff is well worth the effort. Ask any good martial artist! Then go ahead and earn your Physical Fitness Patch.

***Requirements for the Physical Fitness Patch: (MUST BE ABLE TO PERFORM ALL PHYSICAL REQUIREMENTS AT THE MEETING) (all answers must be written down or typed and turned in BEFORE the meeting date on February 4, 2021)***

### **4-8 years old's:**

- Learn why exercising is important and what happens if you don't stay physically fit.
- Be able to perform all the following at the meeting:
  - 100 Kicks
  - 10 Black Belt Sit-Ups
  - Balance on one foot for 90 Seconds
  - 5 Black Belt Push-ups
  - Run ¼ Mile (15 Laps)

### **9-14 years old's:**

- Learn why exercising is important and what happens if you do not stay physically fit.
- Be able to perform all the following at the meeting:
  - 500 Kicks within 30 Minutes.
  - 20 Black Belt Sit-Ups
  - Balance on one foot for 90 Seconds
  - 10 Black Belt Push-Ups
  - Run ½ Mile (30 Laps)

### **15 years old- Adult:**

- Learn why exercising is important and what happens if you do not stay physically fit.
- Learn how to determine your Target Heart Rate and find your own
- Design and lead a workout that accomplishes both aerobic and anaerobic fitness requirements.
- Be able to perform all the following at the meeting:
  - 1000 Kicks within 30 Minutes
  - 50 Black Belt Sit-Ups
  - Balance on one foot for 90 Seconds
  - 15 Black Belt Push-Ups
  - Run 1 mile (60 Laps)