



Sunrise September 2021

This Month's Motto:

RESPONSIBILITY

You Can Count On Me!!!

IMPORTANT DATES:

9/16 Camp Day
9/17 Graduation 7:00pm
9/18 Movie Night 6-10pm

BRING-A-FRIEND-DAYS:

9/7, 9/9, 9/11, 9/13,
9/18, 9/21, 9/23, 9/25,
9/27,

BBLP ACHIEVEMENT

This Month's Patch

Dedication

Achievement

Requirements on the
back!

Demo:

9/10 & 9/24 @ 7:00pm

BBLP RUN:

9/25 @ 1:30 pm

Beg. Bo

8/6 & 8/27 @ 5:30 pm

Beg. Nunchaku

9/10 @ 5:30 pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
R E S P O N S I B I L I T Y	October 4 Test Review	October 5 T-Shirt Day Kung Fu Bring-A-Friend-Day	1 T-Shirt Day Sparring Drills *Gold & Above Bring Protective Gear*	2 Test Review	3 FORMS DAY Extreme 5:30 BBLP Seminar 7:00pm BBLP Achievement 7:30pm	4 LABOR DAY WEEKEND NO CLASSES!!!
	6 LABOR DAY NO CLASSES!!!	7 T-Shirt Day Kung Fu Bring-A-Friend-Day	8 Test Review	9 T-Shirt Day Self-Defense Dodgepad Bring-A-Friend-Day	10 FORMS DAY Beg. Nunchaku 5:30 pm Demo 7:00pm	11 T-Shirt Day Tumbling Bring-A-Friend-Day
	13 T-Shirt Day Extreme Combos Bring-A-Friend-Day	14 Test Review	15 T-Shirt Day Sparring Drills *Gold & Above Bring Protective Gear*	16 CAMP DAY Test Review	17 FORMS DAY Beg. Bo 5:30 pm Graduation 7:00 pm	18 T-Shirt Day Target Practice Bring-A-Friend-Day Movie Night 6-10pm
	20 Test Review	21 T-Shirt Day Kung Fu Bring-A-Friend-Day	22 Test Review	23 T-Shirt Day Pad Kicking Board Breaking Bring-A-Friend-Day	24 FORMS DAY Extreme 5:30 pm Demo 7:00 pm	25 T-Shirt Day Parkour Bring-A-Friend-Day BBLP RUN 1:30
	27 T-Shirt Day Circuit Training Bring-A-Friend-Day	28 Test Review	29 T-Shirt Day Sparring Drills *Gold & Above Bring Protective Gear*	30 Test Review	October 1 FORMS DAY Beg. Nunchaku 5:30 pm BBLP Seminar 7:00 pm BBLP Achievement 7:30 pm	October 2 T-Shirt Day Open Practice Bring-A-Friend-Day

BBLP ACHIEVEMENT PATCH: DEDICATION

One of the most important traits required to achieve Black Belt is DEDICATION. Dedicating your time and effort will most likely be a challenge during some point of your training. Vacations, illnesses, and impromptu events in life can lead to missed classes. Absences can create dips in your motivational level, which may affect your decision to continue training.

To show your dedication you must make a commitment to your karate training. To do this means coming to class at least two times each week and practicing at home on the days you don't come to class. Dedication also means pushing yourself to perform at your highest level. When people dedicate themselves to a purpose or goal, they decide that they will achieve their goal or purpose, no matter what it takes. Do not give up and earn your DEDICATION patch.

Requirements for the Dedication Patch: (all answers must be written down or typed and turned in BEFORE the meeting date on October 1st, 2021)

***DOCUMENTATION NEEDED*:**

Please create or download a calendar. Have a parent sign on the days that you practice. In order to receive the patch, you must practice thirty days in a row, every day. No days can be missed for any reason, or you will not receive the patch.

4-8 years old:

- Count how many classes attended from starting date.
- Practice at home at least 10 minutes every day for 30 days.
 - **Have mom or dad sign for each day you practice.**

9-14 years old:

- Count how many classes attended from starting date
- Practice at home at least 20 minutes every day for 30 days.
 - **Have mom or dad sign for each day you practice**

15 years-Adult:

- Count how many classes attended from starting date.
- Practice at home for at least 30 minutes every day for 30 days.
 - Have someone sign for each day you practice