



Parkland June 2022

Happy Father's Day!!!!

This Month's Motto:

BLACK BELT, I Will Accomplish It!!

Important Dates:

6/3 BBLP ACHIEVEMENT PATCH
May / Emergency Prep 7:30pm

6/10 Graduation 7:30pm

6/10 SUMMER CAMP BEGINS!!

6/11 BBLP FITNESS 1:00pm

7/1 BBLP ACHIEVEMENT PATCH
June / Safety 7:30pm

This month's patch

SAFETY

**Summer Camp! Bonus Day June:
10th. Session 1: June 13th – July 1st.*

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

**Grappling Class is only eligible
to those in the BBLP and require
a mouthpiece to participate.*

**All T-Shirt Days are Bring-A-
Friend-Day!*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
P E R S O N A L E X C E L L E N C E			1 T-SHIRT DAY Sparring Drills *Gold and Above Bring Sparring Gear	2 TEST REVIEW	3 FORMS DAY <i>Emergency Preparedness Achievement Patch 7:30pm</i>	4 T-SHIRT DAY Tumbling
	6 TEST REVIEW	7 T-SHIRT DAY Clapper Drills	8 TEST REVIEW	9 T-SHIRT DAY Open Practice	10 FORMS DAY Graduation 7:30pm	11 T-SHIRT DAY Instructors Choice <u>BBLP Fitness 1:00pm</u>
	13 T-SHIRT DAY Circuit Training	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 Creative Combos
	20 TEST REVIEW	21 T-SHIRT DAY Self-Defense	22 TEST REVIEW	23 T-SHIRT DAY Kung Fu	24 FORMS DAY	25 T-SHIRT DAY Pad Kicking
	27 T-SHIRT DAY Kung Fu	28 TEST REVIEW	29 T-SHIRT DAY Sparring Drills *Gold and Above Bring Sparring Gear	30 TEST REVIEW	JULY 1 FORMS DAY <i>Safety Achievement Patch 7:30pm</i>	JULY 2 T-SHIRT DAY Target Practice

BBLP ACHIEVEMENT PATCH: SAFETY

Most people don't think about safety until it's too late. Our safety can be compromised anywhere, in our own home, in the car, in the back yard, at the park, or on the way to the store. If we are really concerned about safety for ourselves and others, shouldn't we do what we can now to prevent dangerous situations from occurring at all? There are two basic threats to our safety: mishaps or accidents, and crime. The leading cause of accidental injury or death among all groups of people is motor vehicle accidents. Within the home, electrical accidents and fire are the leading factors followed closely by poisoning by household chemicals and medicines. Out in the streets, violent crime is now the major killer of young people. Whatever the threat, the best way to assure our own safety and that of our children is to be prepared. Learning martial arts is an important part of being prepared to stay safe. We need to know how to avoid being involved in a vehicle accident. We must do everything we can to make our homes safe, particularly when there are small children present. Our children will teach us what to do to discourage attackers, and how to defend ourselves if attacked.

Requirements for the Safety Patch: (all answers must be written or typed and turned in BEFORE the meeting date on July 1st, 2022)

4-8-year old's:

- Who is a stranger?
- What should you do if a stranger approach you?
- What should you do if a stranger grab you?
- Know your phone number, address, and parents' names.
- Know how to use a phone to get help.
- Look for and make a list of three things in your home that could cause an accident and how to make them safe.

9-14-year old's:

Do the requirements for 4-8 years old's along with answering the following:

- Learn what situational awareness is and how it can keep you safe.
- How to answer the telephone to someone you don't know?
- Learn the standard tricks that abductors use.
- Look for and list five things in your home that could cause an accident and discuss with your parents' ways to correct the situation.

15 years old- Adult:

Do the requirements 4-8 years old's and 9-14-year old's along with answering the following:

- Prepare a list of 10 ways to avoid becoming a victim of street crime and 10 ways to crime-proof your home.
- Get together with one or two other students and prepare a skit to perform in front of the class. The setting could be a park, playground, sidewalk, or even your home. At least one person will play the intended victim(s), and the other(s) will be attackers.