



# Sunrise August 2021

Back To School!!!

This Month's Motto:

## LEAD BY EXAMPLE!!!!

### IMPORTANT DATES:

8/2 – 8/13 Summer Camp  
Session III

8/16 & 8/17 Summer  
Camp Bonus Days

8/21 Raffle Drawing  
6:00pm

8/20 Graduation 7:00pm

### BRING-A-FRIEND- DAYS:

8/2, 8/7, 8/10, 8/12,  
8/14, 8/16, 8/21, 8/24,  
8/26, 8/28, 8/30

### BBLP ACHIEVEMENT

\*This Month's Patch\*

#### Goal Setting

Achievement

Requirements on the  
back!

### Demo:

8/13 & 8/27 @ 7:00pm

### BBLP RUN:

8/28 @ 1:30 pm

### Beg. Bo

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

### Beg. Nunchaku

8/20 @ 5:30 pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
L E A D E R S H I P  S K I L L S	2  T-Shirt Day Tumbling Bring-A-Friend-Day  ----- -----SUMMER CAMP-----	3  Test Review  ----- -----SUMMER CAMP-----	4  T-Shirt Day Sparring Drills *Gold & Above Bring Protective Gear* ----- -----SESSION III-----	5  Test Review  ----- -----WEEK 8-----	6  FORMS DAY Beg. Bo 5:30 BBLP Seminar 7:00pm BBLP Achievement 7:30pm -----	7  T-Shirt Day Instructor's Choice Bring-A-Friend-Day
	9  Test Review  ----- -----SUMMER CAMP-----	10  T-Shirt Day Kung Fu Bring-A-Friend-Day  ----- -----SUMMER CAMP-----	11  Test Review  ----- -----SESSION III-----	12  T-Shirt Day Pad Kicking Balloon Breaking Bring-A-Friend-Day  ----- -----WEEK 9-----	13  FORMS DAY  Extreme 5:30 pm Demo 7:00pm -----	14  T-Shirt Day Self-Defense Dodgepad Bring-A-Friend-Day
	16  T-Shirt Day Open Practice Bring-A-Friend-Day  ----- -----SUMMER CAMP-----	17  Test Review  ----- -----BONUS DAYS-----	18  T-Shirt Day Sparring Drills *Gold & Above Bring Protective Gear*  -----	19  Test Review	20  FORMS DAY  Beg. Nunchaku 5:30 pm Graduation 7:00 pm	21  SUMMER RAFFLE DRAWING 10:30 a.m. Bring-A-Friend-Day
	23  Test Review	24  T-Shirt Day Kung Fu Bring-A-Friend-Day	25  Test Review	26  T-Shirt Day Paper Drills Relay Race Bring-A-Friend-Day	27  FORMS DAY  Beg. Bo 5:30 pm Demo 7:00 pm	28  T-Shirt Day Extreme Combos Bring-A-Friend-Day BBLP RUN 1:30
	30  T-Shirt Day Parkour Bring-A-Friend-Day	31  Test Review	September 1  T-Shirt Day Sparring Drills *Gold & Above Bring Protective Gear*	September 2  Test Review	September 3  FORMS DAY  Extreme 5:30 pm BBLP Seminar 7:00 pm BBLP Achievement 7:30 pm	September 4  T-Shirt Day Target Practice Bring-A-Friend-Day

## **BBLP ACHIEVEMENT PATCH: GOAL SETTING**

### **THE 3 RULES OF SUCCESS:**

- 1. ALWAYS DO YOUR BEST**
- 2. KNOW WHAT YOU ARE DOING**
- 3. LOOK GOOD DOING IT**

*Requirements for the Goal Setting Patch: (all answers must be written down or typed and turned in BEFORE the meeting date on September 3, 2021)*

### **4 – 8 years old, 9 – 14 years old, & 15 years old – Adult**

- Read and answer the questions about your martial arts, school, and home goals.

### **Martial Arts Goals:**

- When do you plan to achieve your next four belts? Determine the number of classes that you will need for each rank.
- Determine the number of classes that you will need for each rank.
- Determine how many classes you will take each month. This will tell you how long to achieve each of your next belts. Be sure to plan for vacations, illnesses, and other activities that may get in the way of classes.
- When are you going to achieve your **BLACK BELT**?
- When are you going to achieve?
  - Side Splits
  - Left Front Splits
  - Right Front Splits
- How often are you going to stretch for this goal?
- How long are you going to stretch each time?

### **School Goals:**

- What grades are you going to earn during the next quarter of school?

- How are you going to achieve them?
- What year are you going to graduate high school?
- What year are you going to graduate college?
- What do you want to do after college? Why?

### **Home Goals:**

- Make a list of five things that you want to do or accomplish at home. Be sure to write down what you want to do, when you will get it done and how you are going to do it.