



Parkland

September 2021

This Month's Motto:

RESPONSIBILITY

You can count on me!

Important Dates

9/10 BBLP August Achievement
7:30pm

9/11 BBLP FITNESS 1:00pm

9/24 BBLP SEMINAR 7:30pm

9/25 Movie Night 6-10pm

10/1 BBLP ACHIEVEMENT PATCH
7:30pm

This month's patch

Dedication

*Schools Closed 9/4, 9/5, & 9/6
Labor Day Weekend.

*Test Review days require full
uniform for marked attendance.

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

*Registration for Movie Night
must be done prior to drop off.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
R E S P O N S I B I L I T Y	August 30 TEST REVIEW	August 31 T-SHIRT DAY Creative combos	1 TEST REVIEW	2 T-SHIRT DAY Pad Kicking	3 T-SHIRT DAY Kungfu	4 <i>Labor Day Weekend Closed 9/4 – 9/6</i>
	6 <i>Labor Day Weekend Closed 9/4 – 9/6</i>	7 TEST REVIEW	8 T-SHIRT DAY Sparring Drills *Gold and Above Bring Sparring Gear	9 TEST REVIEW	10 FORMS DAY August Achievement Patch 7:30pm	11 T-SHIRT DAY Jump Kicks BBLP Fitness 1:00pm
	13 TEST REVIEW	14 T-SHIRT DAY Flexibility	15 TEST REVIEW	16 T-SHIRT DAY Circuit Training	17 FORMS DAY	18 T-SHIRT DAY Paper Drills
	20 T-SHIRT DAY Kungfu	21 TEST REVIEW	22 T-SHIRT DAY Sparring Drills *Gold and Above Bring Sparring Gear	23 TEST REVIEW	24 FORMS DAY BBLP SEMINAR Sword #3 7:30pm	25 T-SHIRT DAY Pad Kicking <i>Movie Night!! 6-10pm</i>
	27 TEST REVIEW	28 T-SHIRT DAY Kungfu	29 TEST REVIEW	30 T-SHIRT DAY Open practice	OCTOBER 1 FORMS DAY Achievement Patch 7:30pm	OCTOBER 2 T-SHIRT DAY Self Defense

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, illness, and impromptu events can lead to missed classes. Absences can create dips in your motivation level, which may affect your decision to continue training. To show your dedication you must make a commitment to karate training. To do this means coming to class at least two times each week and practice at home on days you don't come to class. Dedication also means pushing yourself to perform at your highest level.

Requirements for the dedication patch are: **Write down all answers and turn into your instructor before next meeting:*

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 30 days in a row, every day (or until next meeting). No days can be missed for any reason, or you will not receive the patch.*

4-8 years old:

1. Count how many classes attended from starting date.
2. Practice at home at least 10 minutes every day in a row for 30 days (or until next meeting).

9-14 years old:

1. Count how many classes attended from starting date.
2. Practice at home at least 20 minutes every day in a row for 30 days (or until next meeting).

15 years old - Adult:

1. Count how many classes attended from starting date.
2. Practice at home at least 30 minutes every day in a row for 30 days (or until next meeting).