



Parkland  
February 2022

Happy Valentines Day!!!

This Month's Motto:  
I will be true in all that I do!

Important Dates

2/18 Graduation 7:30pm

2/21 Intensive Training Session

2/25 BBLP SEMINAR 7:30pm

2/26 Movie Night 6-10pm

2/26 BBLP FITNESS 1:00pm

3/4 BBLP ACHIEVEMENT PATCH  
February / Knowledge 7:30pm

\*This month's patch\*

Knowledge

\*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
I N T E G R I T Y	<u>January 31</u>  TEST REVIEW	1  T-SHIRT DAY Kung Fu	2  TEST REVIEW	3  T-SHIRT DAY Flexibility	4  T-SHIRT DAY Instructors Choice	5  T-SHIRT DAY Self Defense
	7  T-SHIRT DAY Kung Fu	8  TEST REVIEW	9  T-SHIRT DAY Sparring Drills *Gold and Above Bring Sparring Gear	10  TEST REVIEW	11  FORMS DAY	12  T-SHIRT DAY Instructors Choice
	14  TEST REVIEW	15  T-SHIRT DAY Clapper Drills	16  TEST REVIEW	17  T-SHIRT DAY Circuit Training	18  FORMS DAY  Graduation 7:30pm	19  T-SHIRT DAY Pad Kicking
	21  T-SHIRT DAY Open Practice  <u>Intensive Training Session</u>	22  TEST REVIEW	23  T-SHIRT DAY Sparring Drills *Gold and Above Bring Sparring Gear	24  TEST REVIEW	25  FORMS DAY  BBLP Seminar Double Nunchaku #2 7:30pm	26  T-SHIRT DAY Extreme Combos  BBLP Fitness 1:00pm  <u>Movie Night!! 6-10pm</u>
	28  TEST REVIEW	<u>March 1</u>  T-SHIRT DAY Self Defense	<u>March 2</u>  TEST REVIEW	<u>March 3</u>  T-SHIRT DAY Pad Kicking	<u>March 4</u>  FORMS DAY  Achievement Patch 7:30pm	<u>March 5</u>  T-SHIRT DAY Target Practice

## **Knowledge**

Knowledge is the edge we need to succeed in life. Everything we know contributes to the way we view and understand things. The more we know, the more choices we have in dealing with challenges and turning them into opportunities.

**\*Write down or type all answers in complete sentences. Assignments must be turned into your instructor the day before the next meeting.**

**Requirements for the knowledge patch are: *\*Research what styles of the martial arts are taught at Evolution Martial Arts.***

**4-8 years old Requirements:** (Be ready to present the information to the class).

- Choose three of those styles and do the following things for each.
- What country are the styles from.
- Draw the country's flag.
- Name the capital of the country.
- Give one interesting fact about that style.

**9-14 years old Requirements:** (Be ready to present the information to the class).

- Choose at least five countries that represents styles taught at Evolution Martial Arts, draw the flag, find the capital, state the language, and give a fact about each country.

**15 years old – Adult Requirements:**

- Choose one style and do a two-page written explanation or a PowerPoint presentation on the history and importance of that style.