



Parkland
January 2022

Happy New Year!!!

This Month's Motto:

Healthy Body + Healthy Mind =
Excellent Life

Important Dates

1/7 Dec / Nutrition BBLP
Achievement 7:30pm

1/14 Graduation 7:30pm

1/15 BBLP FITNESS 1:00pm

1/11 & 1/17 Intensive Training
Session

1/21 BBLP SEMINAR 7:30pm

1/22 Movie Night 6-10pm

1/28 BBLP ACHIEVEMENT PATCH
Jan / Physical Fitness 7:30pm

This month's patch

Physical Fitness

*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
S E L F - C O N F I D E N C E	3 TEST REVIEW	4 T-SHIRT DAY Instructors Choice	5 TEST REVIEW	6 T-SHIRT DAY Pad Kicking	7 FORMS DAY <i>Dec / Nutrition Achievement Patch 7:30pm</i>	8 T-SHIRT DAY Open Practice
	10 T-SHIRT DAY Kung Fu	11 TEST REVIEW <u>Intensive Training Session</u>	12 T-SHIRT DAY Sparring Drills *Gold and Above Bring Sparring Gear	13 TEST REVIEW	14 FORMS DAY Graduation 7:30pm	15 T-SHIRT DAY Jump Kicks BBLP Fitness 1:00pm
	17 TEST REVIEW <u>Intensive Training Session</u>	18 T-SHIRT DAY Kung Fu	19 TEST REVIEW	20 T-SHIRT DAY Self Defense	21 FORMS DAY <i>BBLP SEMINAR Double Nunchaku #1</i>	22 T-SHIRT DAY Clapper Drills <i>Movie Night 6-10pm</i>
	24 T-SHIRT DAY Circuit Training	25 TEST REVIEW	26 T-SHIRT DAY Sparring Drills *Gold and Above Bring Sparring Gear	27 TEST REVIEW	28 FORMS DAY <i>Achievement Patch 7:30pm</i>	29 T-SHIRT DAY Creative Combos
	31 TEST REVIEW	<u>February 1</u> T-SHIRT DAY Kung Fu	<u>February 2</u> TEST REVIEW	<u>February 3</u> T-SHIRT DAY Flexibility	<u>February 4</u> T-SHIRT DAY Instructors Choice	<u>February 5</u> T-SHIRT DAY Self Defense

BBLP ACHIEVEMENT PATCH: PHYSICAL FITNESS

Physical fitness includes much more than just exercise. Exercise is an essential ingredient to being fit and healthy but being fit is a way of life. It requires us to know how the body works and how to train the body to perform at its best. Being fit increases our energy, stamina, and ability to concentrate, leading to a longer, healthier life. People who are physically fit have much more energy than others, yet they feel more relaxed and in control. They have an increased sense of well-being because they feel healthy. People who are fit achieve more and are generally more positive than those who are not. Becoming and staying physically fit requires dedication, hard work, and persistence.

Requirements for the Physical Fitness Patch: (MUST BE ABLE TO PERFORM ALL PHYSICAL REQUIREMENTS AT THE MEETING)

4-8 years old: *Learn why exercising is important and what happens if you do not stay physically fit.*

- ◆ 100 Kicks
- ◆ 5 Black Belt Pushups & 10 Black Belt Sit-ups
- ◆ One Leg Balance for 90 Seconds
- ◆ Run ¼ Mile (14 Laps)

9-14 years old: *Learn why exercising is important and what happens if you do not stay physically fit.*

- ◆ 500 Kicks Within 30 Minutes
- ◆ 10 Black Belt Pushups & 20 Black Belt Sit-ups
- ◆ One Leg Balance for 90 Seconds
- ◆ Run ½ Mile (28 Laps)

15 years old - Adult: *Learn how to determine your target heart rate and find your own. Design and lead a workout that accomplishes both aerobic and anaerobic fitness requirements.*

- ◆ 1,000 Kicks Within 30 Minutes
- ◆ 15 Black Belt Pushups & 50 Black Belt Sit-ups
- ◆ One Leg Balance for 90 Seconds
- ◆ Run 1 Mile (55 Laps)