



# Sunrise

## August 2020

THIS Month's Motto:

# Lead By Example!

### Important Dates

#### Bring-A-Friend Days

8/3, 8/5, 8/8, 8/11, 8/13,  
8/15, 8/17, 8/19, 8/22,  
8/25, 8/27, 8/29, 8/31

#### Beg. Bo

8/7, 8/28 @5:30

#### Beg. Nunchuku

8/14 @5:30

#### BBLP

#### Seminar/Achievement

9/4 @7:45

\*This month's Patch\*

### GOAL SETTING

Achievement  
requirements on the back!

#### Demo

8/7, 8/14, 8/21, 8/28  
@7:00

#### BBLP Run

8/22 @12:30

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
L E A D E R S H I P  S K I L L S	3  T-Shirt Day Pad Kicking Board Breaking Bring-A-Friend Day	4  Test Review	5  T-Shirt Day Tumbling Bring-A-Friend Day	6  Test Review	7  FORMS DAY  Beg. Bo 5:30 Demo 7:00	8  T-SHIRT DAY Open Practice Bring-A-Friend Day
	10  Test Review	11  T-Shirt Day Circuit Training Bring-A-Friend Day	12  Test Review	13  T-Shirt Day Instructor's Choice Bring-A-Friend Day	14  FORMS DAY  Beg. Nunchuku 5:30 Demo 7:00	15  T-SHIRT DAY Parkour Bring-A-Friend Day
	17  T-Shirt Day Kung Fu Bring-A-Friend Day	18  Test Review	19  T-Shirt Day Extreme Bring-A-Friend Day	20  Test Review	21  FORMS DAY  Extreme 5:30 Demo 7:00	22  T-SHIRT DAY Target Practice DodgePad Bring-A-Friend Day BBLP Run 12:30
	24  Test Review	25  T-Shirt Day Paper Drills Jump Kicks Bring-A-Friend Day	26  Test Review	27  T-Shirt Day Kung Fu Bring-A-Friend Day	28  FORMS DAY  Beg. Bo 5:30 Demo 7:00	29  T-SHIRT DAY Open practice Bring-A-Friend Day
	31  T-Shirt Day Creative Combos Bring-A-Friend Day	September 1  Test Review	September 2  T-Shirt Day Target Practice Battlefield Bring-A-Friend Day	September 3  Test Review	September 4  FORMS DAY Beg. Nunchuku 5:30 Demo 7:00  BBLP Seminar/Achievement 7:45	September 5  T-Shirt Day Total Challenge Bring-A-Friend Day

[Type here]

## **GOAL SETTING**

**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. Then 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's may get in the way of classes. All ages need to write down the following information and preferably turn it in the week before it is due, so that certificates can be made.

***\*Write down all answers and turn into your instructor before next meeting:***

### **Martial Arts Goals:**

1. When are you going to achieve your **BLACK BELT**?
2. List three things that will help you achieve your goal?
3. When are you going to achieve: Side Splits, Left front splits, and Right front splits.

How often are you going to stretch for this goal?

How long are you going to stretch each time?

### **School Goals:**

1. What grades are you going to earn during the next quarter of school? How are you going to achieve them?
2. What year are you going to graduate from high school?
3. What year are you going to graduate from college?
4. What do you want to do after college? Why?