



# PARKLAND JANUARY 2018



This Month's Motto:  
*Healthy Body + Healthy Mind =  
Excellent Life*

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### IMPORTANT DATES

- 1/1 **HAPPY NEW YEAR!!  
NO CLASSES!!**
- 1/12 Parkland Graduation 7:30 pm
- 1/19 Sunrise Graduation 7 pm
- 1/27 Movie Night 6-10 pm

### CAMP DAYS

- 1/2-1/5 CAMP
- 1/8 CAMP
- 2/19 CAMP

### BRING-A-FRIEND DAYS

- 1/6 Bring-A-Friend Day
- 1/9 Bring-A-Friend Day
- 1/11 Bring-A-Friend Day
- 1/13 Bring-A-Friend Day
- 1/20 Bring-A-Friend Day
- 1/27 Bring-A-Friend Day
- 1/30 Bring-A-Friend Day
- 2/1 Bring-A-Friend Day
- 2/3 Bring-A-Friend Day

### BEGINNING NUNCHUKU

- 1/19 4 pm
- 1/26 6:30 pm

### BEGINNING BO

- 1/5 4 pm

### BBLP SEMINAR

- 1/12 6 pm - Sword Part II
- 2/2 7 pm - Sword Part III

### ACHIEVEMENT CLUB

- 1/12 7:30 pm
- 2/2 7:30 pm

### DEMO TEAM

- 1/12 7 pm
- 2/2 6:30 pm

| SUNDAY                  | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY  |   |
|-------------------------|--|--|--|--|---|---|---|
| <i>Topic of the Day</i> | <i>Topic of the Day</i>                            | <i>Topic of the Day</i>                                  | <i>Topic of the Day</i>  | <i>Topic of the Day</i>  | <i>Topic of the Day</i>                           | <i>Topic of the Day</i>   |   |
| <b>SELF-CONFIDENCE</b>  | JAN. 1<br><b>HAPPY NEW YEAR'S<br/>NO CLASSES!!</b> | JAN. 2<br><i>Test Review</i>                             | JAN. 3<br><i>T Shirt Day<br/>Sparring Drills</i><br><small>*Gold &amp; Above<br/>Bring Protective Gear</small> | JAN. 4<br><i>Test Review</i>   | JAN. 5<br><i>Beginning Bo<br/>4 PM</i>            | JAN. 6<br><i>T Shirt Day<br/>Instructor's Choice<br/>Parent's Class</i>                         |   |
|                         |  | <i>Winter Camp</i>                                       | <i>Winter Camp</i>   | <i>Winter Camp</i>   | <i>Winter Camp</i>                                | <i>Bring-A-Friend Day</i>   |   |
|                         | 7  | 8<br><i>Test Review</i>                                  | 9<br><i>T-Shirt Day<br/>Self Defense<br/>Battlefield</i>   | 10<br><i>Test Review</i>   | 11<br><i>T-Shirt Day<br/>Circuit<br/>Training</i> | 12<br><i>BBLP Seminar 6 pm<br/>Sword Part II<br/>Achievement 6:30 pm<br/>Demo Practice 7 pm</i> | 13<br><i>T-Shirt Day<br/>Target Practice<br/>Parent's Class<br/>BBLP Fitness 12 pm</i>              |
|                         |  | <i>Winter Camp</i>                                       | <i>Bring-A-Friend Day</i>  |  | <i>Bring-A-Friend Day</i>                         | <i>Parkland Graduation<br/>7:30 pm</i>  | <i>Bring-A-Friend Day</i>   |
|                         | 14   | 15<br><i>T-Shirt Day<br/>Paper Drills<br/>Jump Kicks</i> | 16<br><i>Test Review</i>   | 17<br><i>T-Shirt Day<br/>Sparring Drills</i><br><small>*Gold &amp; Above<br/>Bring Protective Gear</small> | 18<br><i>Test Review</i>                          | 19<br><i>Beg. Nunchukas 4 pm</i>  | 20<br><i>T-Shirt Day<br/>Self Defense<br/>Dodge Pad<br/>Parent's Class</i>                          |
|                         |  |  |  |  |   | <i>Sunrise Graduation<br/>7 pm</i>  | <i>Bring-A-Friend Day</i>   |
|                         | 21   | 22<br><i>Test Review</i>                                 | 23<br><i>T-Shirt Day<br/>Pad Kicking<br/>Flying Sides</i>  | 24<br><i>Test Review</i>   | 25<br><i>T-Shirt Day<br/>Target<br/>Practice</i>  | 26<br><i>Tumbling 4 pm</i>  | 27<br><i>T-Shirt Day<br/>Instructor's Choice<br/>Black Stripe Test<br/>12:30<br/>Parent's Class</i> |
|                         |  |  |  |  |   | <i>Beg. Nunchukas<br/>6:30 pm</i>   | <i>Bring-A-Friend Day<br/>Movie Night 6-10 pm</i>   |
|                         | 28   | 29<br><i>T Shirt Day<br/>Extreme</i>                     | 30<br><i>Test Review</i>   | 31<br><i>T-Shirt Day<br/>Sparring Drills</i><br><small>*Gold &amp; Above<br/>Bring Protective Gear</small> | FEB. 1<br><i>Test Review</i>                      | FEB. 2<br><i>Demo 6:30<br/>BBLP Seminar 7 pm<br/>Sword Part III<br/>Achievement<br/>7:30 pm</i> | FEB. 3<br><i>T-Shirt Day<br/>Circuit<br/>Training<br/>Parent's Class</i>                            |
|                         |  |  | <i>Bring-A-Friend Day</i>  |  | <i>Bring-A-Friend Day</i>                         |   | <i>Bring-A-Friend Day</i>   |