



FEBRUARY 2012 SUNRISE



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

IMPORTANT DATES

- 2/2 Bring-A-Friend Day
- 2/4 Bring-A-Friend Day
- 2/10 Parkland Graduation 7:30 pm
- 2/14 Bring-A-Friend Day
- 2/16 Bring-A-Friend Day
- 2/17 Sunrise Graduation 7 pm
- 2/18 Bring-A-Friend Day
- 2/25 Movie Night 6-10 pm
- 2/28 Bring-A-Friend Day

DEMO TEAM

- 2/10 6:15 pm
- 2/17 6:15 pm

BEGINNING NUNCHUKU

- 2/10 3:30 pm
- 2/24 3:30 pm

BEGINNING BO STAFF

- 2/3 3:30 pm

TUMBLING

- 2/17 3:30 pm

BBLP SEMINAR

- 2/3 7 pm

ACHIEVEMENT CLUB

- 2/3 7:30 pm

BBLP FITNESS TRAINING

- 2/11 2:30 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>
MARCH 4 I	MARCH 5 T-Shirt Day Paper Drills Jump Kicks		FEB. 1 Test Review	FEB. 2 T-Shirt Day Self Defense Dodge Pad <i>Bring-A-Friend Day</i>	FEB. 3 Beg. Bo 3:30 pm BBLP Seminar 7 pm Achievement 7:30 Fitness	FEB. 4 T-Shirt Day Circuit Training <i>Bring-A-Friend Day</i>
5 T	6 T-Shirt Day Extreme Combos	7 Test Review	8 T Shirt Day Sparring Drills <i>*Gold & Above</i> <i>Bring Protective Gear</i>	9 Test Review	10 Beg. Nunchuku 3:30 pm Demo 6:15 pm Parkland Graduation 7:30 pm	11 T-Shirt Day Paper Drills Relay Race BBLP Fitness Run 2:30 pm Westwind Park
12 E	13 Test Review	14 T-Shirt Day Self Defense Battlefield <i>Bring-A-Friend Day</i>	15 Test Review	16 T-Shirt Day Pad Kicking Balloon Breaking <i>Bring-A-Friend Day</i>	17 Tumbling 3:30 pm Demo 6:15 pm Sunrise Graduation 7 pm	18 Bring-A-Friend Day T-Shirt Day Target Practice
19 R	20 T-Shirt Day Circuit Training	21 Test Review	22 T-Shirt Day Sparring Drills <i>*Gold & Above</i> <i>Bring Protective Gear</i>	23 Test Review	24 Beg. Nunchuku 3:30 pm	25 T-Shirt Day Self Defense Battlefield <i>Movie Night 6-10 pm</i>
26 I	27 Test Review	28 T-Shirt Day Target Practice <i>Bring-A-Friend Day</i>	29 Test Review	MARCH 1 T-Shirt Day Self Defense Dodge Pad <i>Bring-A-Friend Day</i>	MARCH 2 Beg. Bo 3:30 pm Demo 6:30 pm BBLP Seminar 7 pm Achievement-7:30 Knowledge	MARCH 3 T-Shirt Day Extreme Combos <i>Bring-A-Friend Day</i>
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