



Sunrise SEPTEMBER 2017



This Month's Motto:
RESPONSIBILITY
You can count on me!

www.emasunrise.com



IMPORTANT DATES

9/15 Parkland Graduation 7:30
9/16 Movie Night 6-10 PM
9/22 Sunrise Graduation 7:00
9/30 Karate Olympics
NO REGULAR CLASSES!

BRING-A-FRIEND DAYS

9/5 BRING-A-FRIEND
9/7 BRING-A-FRIEND
9/9 BRING-A-FRIEND
9/16 BRING-A-FRIEND
9/19 BRING-A-FRIEND
9/21 BRING-A-FRIEND
9/23 BRING-A-FRIEND
9/25 BRING-A-FRIEND

BEG. BO

9/1 5 PM
9/22 5 PM

TUMBLING

9/8 5 PM
9/29 5 PM

BEG. NUNCHUCKU

9/15 5 PM

BBLP SEMINAR

9/1 7:00 PM

BBLP ACHIEVEMENT

9/1 7:30 PM

DEMO

9/22 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>	
RESPONSIBILITY	OCT. 1 T-Shirt Day Target Practice	OCT. 2 Test Review	OCT. 3 T-Shirt Day Sparring Drills <i>*Gold & Above Bring Protective Gear</i>	OCT. 4 Test Review	SEPT. 1 BEG. BO 5 pm BBLP Seminar 7 pm Achievement 7:30 pm	SEPT. 2 LABOR DAY WEEKEND NO CLASSES!!	
	3	4 LABOR DAY NO CLASSES!! No After School Program	5 T Shirt Day Self Defense Dodge Pad <i>Bring-A-Friend Day</i>	6 Test Review	7 T-Shirt Day Pad Kicking Balloon Breaking <i>Bring-A-Friend Day</i>	8	9 T Shirt Day Paper Drills Relay Race PARENT CLASS <i>Bring-A-Friend Day</i>
	10	11 T Shirt Day Circuit Training	12 Test Review	13 T Shirt Day Sparring Drills <i>*Gold & Above Bring Protective Gear</i>	14 Test Review	15 BEGINNING NUNCHUKU 5 pm Parkland Graduation 7:30 pm	16 T Shirt Day Target Practice PARENT CLASS Movie Night 6-10 pm <i>Bring-A-Friend Day</i>
	17	18 Test Review	19 T Shirt Day Pad Kicking Board Breaking <i>Bring-A-Friend Day</i>	20 Test Review	21 T-Shirt Day Self Defense Battlefield <i>Bring-A-Friend Day</i>	22 BEG. BO 5 PM Demo 6:30 pm Sunrise Graduation 7 pm	23 T Shirt Day Paper Drills Relay Race PARENT CLASS <i>Bring-A-Friend Day</i>
	24	25 T Shirt Day Parkour <i>Bring-A-Friend Day</i>	26 Test Review	27 T Shirt Day Sparring Drills <i>*Gold & Above Bring Protective Gear</i>	28 Test Review	29 TUMBLING 5 pm	30 KARATE OLYMPICS NO CLASSES!! <i>Bring-A-Friend Day</i>