

# SUNRISE 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
- 1/20 Movie Night 6-10 pm

## BRING-A-FRIEND DAYS

- 1/2 Bring-A-Friend Day
- 1/4 Bring-A-Friend Day
- 1/6 Bring-A-Friend Day
- 1/13 Bring-A-Friend Day
- 1/16 Bring-A-Friend Day
- 1/18 Bring-A-Friend Day
- 1/20 Bring-A-Friend Day
- 1/22 Bring-A-Friend Day
- 1/27 Bring-A-Friend Day
- 1/30 Bring-A-Friend Day

## BEGINNING NUNCHUKU

- 1/5 5 pm
- 1/26 5 pm

## BEGINNING BO STAFF

- 1/12 5 pm
- 2/2 5 pm

## TUMBLING

- 1/19 5 pm

## BBLP SEMINAR

- 1/5 7 pm (KNIFE)

## ACHIEVEMENT CLUB

- 1/5 7:30 pm

## DEMO TEAM

- 1/19 6:30 pm

## BBLP FITNESS TRAINING

- 1/27 12:30 pm - Westwind Park

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>	
S E L F - C O N F I D E N C E	JAN. 1 <b>HAPPY NEW YEAR'S NO CLASSES!!</b>	JAN. 2 <b>T-Shirt Day Pad Kicking Balloon Breaking Bring-A-Friend Day Winter Camp</b>	JAN. 3 <b>Test Review  Winter Camp</b>	JAN. 4 <b>T-Shirt Day Self Defense Battlefield Bring-A-Friend Day Winter Camp</b>	JAN. 5 <b>Beg. Nunchuku 5 pm BBLP Seminar 7 pm Achievement 7:30 pm  Winter Camp</b>	JAN. 6 <b>T-Shirt Day Circuit Training Parent's Class Bring-A-Friend Day</b>	
	7	8 <b>T-Shirt Day Paper Drills Relay Races</b>	9 <b>Test Review</b>	10 <b>T-Shirt Day Sparring Drills  *Gold &amp; Above Bring Protective Gear</b>	11 <b>Test Review</b>	12 <b>Beginning Bo 5 pm  Parkland Graduation 7:30 pm</b>	13 <b>T-Shirt Day Instructor's Choice Parent's Class  Bring-A-Friend Day</b>
	14	15 <b>Test Review  Winter Camp</b>	16 <b>T-Shirt Day Target Practice  Bring-A-Friend Day</b>	17 <b>Test Review</b>	18 <b>T-Shirt Day Pad Kicking Board Breaking Bring-A-Friend Day</b>	19 <b>Tumbling 5 pm Demo 6:30 pm Sunrise Graduation 7 pm</b>	20 <b>T-Shirt Day Paper Drills Jump Kicks Parent's Class Bring-A-Friend Day Movie Night 6-10 pm</b>
	21	22 <b>T-Shirt Day Parkour</b>	23 <b>Test Review</b>	24 <b>T-Shirt Day Sparring Drills  *Gold &amp; Above Bring Protective Gear</b>	25 <b>Test Review</b>	26 <b>Beg. Nunchuku 5 pm</b>	27 <b>Bring-A-Friend T-Shirt Day Self Defense Dodge Pad Parent's Class BBLP Fitness Training 12:30 pm Westwind Park</b>
	28	29 <b>Test Review</b>	30 <b>T-Shirt Day Pad Kicking Balloon Breaking Bring-A-Friend Day</b>	31 <b>Test Review</b>	FEB. 1 <b>T-Shirt Day Self-Defense Battlefield  Bring-A-Friend Day</b>	FEB. 2 <b>Beg Bo 5 pm</b>	FEB. 3 <b>T-Shirt Day Circuit Training Parent's Class  Bring-A-Friend Day</b>