

# Welcome to the 2025 Summer of Excellence Challenge!



Our goal this summer is to inspire you to be **AWESOME!**  
The Summer of Excellence challenge will give you opportunities to earn points, drastically improve your skills as a martial artist, and most importantly, to celebrate being awesome!

## Here's how it works:

- Earn points through **SIX WEEKS** of challenges! The challenge begins on **Monday, June 30<sup>th</sup>**, and all points must be submitted by **Saturday, August 9<sup>th</sup>**.
- **POINTS** are divided into animal categories, with one simpler mission and one more challenging.
- **TRACK** your points on this handout.
- Get **REWARDS** weekly, and at the end of the summer for your participation.
- **SHOW** this sheet to your instructors to get your points on the board! (You may also email us a photo of your score sheet to [theteam@villarismansfield.com](mailto:theteam@villarismansfield.com))

*\*Your weekly points must be submitted by 3:00pm on Saturday to count towards the weekly in-class game reward\**

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**Highest scoring class each week gets to start every class with a game! Earn 60 points to join us for our End of Summer Ice Cream Social & Game Day, and join the Society of the Dragons!**

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## Tiger Challenges

**3 POINTS EACH: Practice 10 Combinations at Home** *(Parent Signature Required)*

Week One

Week Two

Week Three

Week Four

Week Five

Week Six

**5 POINTS EACH: Complete Weekly Fitness Challenge** *(Parent Signature Required)*

Week One

Week Two

Week Three

Week Four

Week Five

Week Six

*(Links will be provided in an email sent on Sundays with a challenge from Master Ken.)*

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## Crane Challenges

**3 POINTS EACH: Earn a PowerCard**

*(See your instructors if you need a new PowerCard checklist.)*

**5 POINTS EACH: Complete Weekly Mechanics Challenge** *(Parent Signature Required)*

Week One

Week Two

Week Three

Week Four

Week Five

Week Six

*(Links will be provided in an email sent on Sundays with a challenge from Master Stephanie.)*

# Leopard Challenges

**3 POINTS EACH: Complete a Kindness Mission**

Complete a kindness mission from the Quest Book written by Master Ken! Six different missions are available at the front desk at [Villarismansfield.com/summerofexcellence](http://Villarismansfield.com/summerofexcellence). One copy of each mission may be submitted throughout the summer.

**5 POINTS EACH: Send a Creative Video**

Send us a video of how creatively you can practice your martial arts at home! Send us your video via email at [TheTeam@Villarismansfield.com](mailto:TheTeam@Villarismansfield.com), or tag us on social media @Villarismartial Arts of Mansfield. One video can be submitted per week.

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## Snake Challenges

**3 POINTS PER WEEK: Seeking Stillness** (Parent Signature Required)

Sit or stand without moving, except blinking and the expansion/contraction from breathing. Set a timer and take deep belly breaths silently without any distractions (don't check the timer!) Your goal is to do this at least 2-3x per week.

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Week One  
1 Minute

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Week Two  
2 Minutes

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Week Three  
3 Minutes

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Week Four  
4 Minutes

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Week Five  
5 Minutes

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Week Six  
6 Minutes

**5 POINTS EACH: Practice 5 Forms at Home** (Parent Signature Required)

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Week One

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Week Two

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Week Three

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Week Four

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Week Five

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Week Six

## Bonus Challenges!

**10 POINTS: March with us at the 4<sup>th</sup> of July Boombox Parade!**

**5 POINTS: Leave us a Review on Facebook or Google**



*For all videos and resources, please visit [Villarismansfield.com/SummerofExcellence](http://Villarismansfield.com/SummerofExcellence)*

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