



**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, July 3<sup>rd</sup>**, and all points must be submitted by **Saturday, August 11<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\**

**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!**

## Tiger Challenges

**1 POINT EACH: Attend Class**

*(Check one box per class or personal attended)*

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

Week One	Week Two	Week Three	Week Four	Week Five	Week Six
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*(Links will be provided in an email sent on Sundays with a challenge from Master Ken.)*

## 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
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*(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 mission can be submitted per week.

## 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 send it to us via Facebook @Villarismartial Arts of Mansfield. One video can be submitted per week.

# 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.

Week One  
1 Minute

Week Two  
2 Minutes

Week Three  
3 Minutes

Week Four  
4 Minutes

Week Five  
5 Minutes

Week Six  
6 Minutes

## 5 POINTS PER WEEK: Submit Weekly Practice Log

Record your practice at home. Your goal is to practice 3-5 days a week; we recommend 10-30 minutes, depending on age and rank. Note what you practiced and for how long on the calendar below. You may also use a separate piece of paper. Parent/guardian should initial at the \* for each week to confirm.

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1 * _____							
2 * _____							
3 * _____							
4 * _____							
5 * _____							
6 * _____							

# Bonus Challenge!

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