



**IT'S THE FINAL COUNTDOWN!** These four weeks are your last chance to claim victory for your team and join us for the MEGA PARTY in September! This is also your final chance to join the Society of the Dragons (oh yes, you read that right).

## Here's how you get to the Ultimate Prize & Mega Party:

- **OPTION ONE:** If you've earned points in all four categories (Tiger, Crane, Leopard, and Snake) during the last two rounds, just do it one more time and you're in!
- **OPTION TWO:** We realize some people were still figuring out this whole Summer of Excellence thing during the first round or two and we don't want you to miss out! You can still become a member of the Society of the Dragons and earn your membership pin by earning **60 POINTS** in this final round. That may sound like a lot, but remember, the second Snake mission gives you 40 points and is also a huge opportunity to grow as a martial artist. You've got this!!!

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## ROUND THREE: August 1<sup>st</sup> – 28<sup>th</sup>

*Highest scoring class each week gets to start every class with a game!*  
*Earn 30 points to join us for the Round 3 Ice Cream Social & Game Day Party!*

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### Tiger Challenges

**1 POINT EACH: Attend Class** ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

*(Check one box per class, personal, or virtual 1-on-1 attended)*

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

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Week One	Week Two	Week Three	Week Four
<i>(Videos available in weekly emails &amp; online at <a href="http://Villarismansfield.com/summerofexcellence">Villarismansfield.com/summerofexcellence</a>.)</i>			

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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)*

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Week One	Week Two	Week Three	Week Four
<i>(Videos available in weekly emails &amp; online at <a href="http://Villarismansfield.com/summerofexcellence">Villarismansfield.com/summerofexcellence</a>.)</i>			

## Leopard Challenges

### 3 POINTS EACH: Complete a Kindness Mission ☐ ☐ ☐ ☐

Complete a kindness mission from the Quest Book by Master Ken! Four different missions are available at the front desk and at [VillarisMansfield.com/summerofexcellence](http://VillarisMansfield.com/summerofexcellence).

### 8 POINTS EACH: Test out a Colors of Character 2.0 Mission ☐ ☐ ☐

We are evolving our Colors of Character program and need your help! Test pilot a new mission and give us your feedback to earn 8 points. See your instructors for details.

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## Snake Challenges

### 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 * _____							

### Up to 40 POINTS: Excellence Quest!!

If you want to take a huge jump in your martial arts excellence this summer, this is the challenge for you! Your instructor team will help you use your latest completed form to improve your mechanics, martial spirit, and effectiveness. Earn up to 40 points by following the steps below (partial points may be earned).

- ☐ **Step One: Feedback from Master Ken (5pts)**
  - Send us a video of you doing your latest completed form to get specific, actionable feedback from Master Ken (*ideally during week one*)
- ☐ **Step Two: Practice, practice, practice! (5pts per week)**
  - Follow your personalized practice plan from Master Ken
- ☐ **Step Three: Get feedback as you practice (5pts each)**
  - Send us videos of your form each week for additional guidance (*weeks 2 & 3*)
- ☐ **Step Four: Share your improvement with Master Ken! (5pts)**
  - Send a video at the end of Round One to show off how much you've improved!