



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 1st**, and all points must be submitted by **Saturday, August 10th**.
- **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)

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 training 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. 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, or tag us on social media @VillarismartialartsofMansfield. 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 4th of July Boombox Parade!