



Our goal this summer is to inspire you to be **AWESOME**. The Summer of Excellence 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 **THREE ROUNDS** of challenges (each round will be four weeks long).
- **POINTS** are divided into animal categories, with one simpler mission and one more challenging. Earn points in all categories each round to achieve the Summer of Excellence award!
- **TRACK** your points on this handout.
- Get **REWARDS** weekly, monthly, and at the end of the summer for your participation.
- **SHOW** this sheet to your instructors to get your points on the board in the lobby!

ROUND ONE: June 6th-July 2nd

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

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)*

Week One

Week Two

Week Three

Week Four

(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

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

Leopard Challenges

1 POINT PER DAY: Tag us on Social Media

With your parent/guardian's permission, post a photo or video of yourself in a karate pose, working out, practicing at home, or training in class. Tag us and hashtag the post with #SummerOfExcellence. If you are uncomfortable with posting to social media, contact us for alternatives.

IG: @Villaris_Mansfield • FB: @Villari's Martial Arts of Mansfield • TT: @villarismansfield (tag, stitch, or duet!)

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.

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!