



# FEBRUARY 2019 SUNRISE



This Month's Motto:  
**INTEGRITY**  
I will be true in all that I do!

[www.emasunrise.com](http://www.emasunrise.com)



## IMPORTANT DATES

- 2/8 Parkland Graduation 7:30
- 2/9 Movie Night 6-10 pm
- 2/15 Sunrise Graduation 7:00

## BRING-A-FRIEND DAYS

- 1/31 BRING-A-FRIEND
- 2/2 BRING-A-FRIEND
- 2/9 BRING-A-FRIEND
- 2/12 BRING-A-FRIEND
- 2/14 BRING-A-FRIEND
- 2/16 BRING-A-FRIEND
- 2/26 BRING-A-FRIEND
- 3/2 BRING-A-FRIEND

## BEGINNING BO STAFF

- 2/15 5:00 PM

## BEGINNING NUNCHUKU

- 2/1 5:00 PM
- 2/22 5:00 PM

## TUMBLING

- 2/8 5:00 PM
- 3/1 5:00 PM

## BBLP SEMINAR

- 2/1 7:00 PM

## ACHIEVEMENT CLUB

- 2/1 7:30 PM

## DEMO TEAM

- 2/15 6:30 PM

## BBLP RUN

- 2/23 2:30 PM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Topic of the Day</i>	<i>Topic of the Day</i>	<i>Topic of the Day</i>	<i>Topic of the Day</i>	<i>Topic of the Day</i>	<i>Topic of the Day</i>	<i>Topic of the Day</i>
27	JAN. 28	JAN. 29	JAN. 30	JAN. 31	FEB. 1	FEB. 2
<b>I</b>	<b>Test Review</b>	<b>T-Shirt Day Paper Drills Relay Race</b>	<b>Test Review</b>	<b>T-Shirt Day Self-Defense Dodge Pad</b>	<b>Beg. Nunchuku 5 pm</b>	<b>T-Shirt Day Circuit Training</b>
<b>N</b>		<i>Bring-A-Friend Day</i>		<i>Bring-A-Friend Day</i>	<i>BBLP Seminar 7 pm Achievement 7:30</i>	<i>Bring-A-Friend Day</i>
3	4	5	6	7	8	9
<b>T</b>	<b>T-Shirt Day Extreme Combos</b>	<b>Test Review</b>	<b>T Shirt Day Sparring Drills</b>	<b>Test Review</b>	<b>Tumbling 5 pm</b>	<b>T-Shirt Day Pad Kicking Balloon Breaking</b>
			<i>*Gold &amp; Above Bring Protective Gear</i>		<i>Parkland Graduation 7:30 pm</i>	<i>Movie Night 6-10 pm Bring-A-Friend Day</i>
10	11	12	13	14	15	16
<b>E</b>	<b>Test Review</b>	<b>T-Shirt Day Self Defense Gauntlet</b>	<b>Test Review</b>	<b>T-Shirt Day Parkour</b>	<b>Beg. Bo 5 pm Demo 6:30 pm Sunrise Graduation 7:00 pm</b>	<b>T-Shirt Day Instructor's Choice</b>
		<i>Bring-A-Friend Day</i>		<i>Bring-A-Friend Day</i>		<i>Bring-A-Friend Day</i>
17	18	19	20	21	22	23
<b>R</b>	<b>T-Shirt Day Circuit Training</b>	<b>Test Review</b>	<b>T-Shirt Day Sparring Drills</b>	<b>Test Review</b>	<b>Beg. Nunchuku 5 pm</b>	<b>T-Shirt Day Target Practice</b>
			<i>*Gold &amp; Above Bring Protective Gear</i>			<i>BBLP Fitness Run 12:30 pm Westwind Park</i>
						<i>Bring-A-Friend Day</i>
24	25	26	27	28	MARCH 1	MARCH 2
<b>G</b>	<b>Test Review</b>	<b>T-Shirt Day Pad Kicking Board Breaking</b>	<b>Test Review</b>	<b>T-Shirt Day Self Defense Battlefield</b>	<b>Tumbling 5 pm</b>	<b>T-Shirt Day Instructor's Choice</b>
		<i>Bring-A-Friend Day</i>			<i>BBLP Seminar 7 pm Achievement 7:30</i>	<i>Bring-A-Friend Day</i>
<b>R</b>						
<b>I</b>						
<b>T</b>						
<b>Y</b>						