

CHALLENGE DESCRIPTION

Registration is free!

The purpose of this challenge is to offer other avenues of training, scheduling time for practice, self practice, a little fun and motivation during the holiday season.

Read through all the challenges and dates so you know how and when to earn points. Some holiday challenge tasks may run through the entire warrior challenge, and some can only be earned on a specific day. The weekly challenges need to be completed during that week. You may also earn points by attending classes at your home school and traveling to other association schools.

Be sure to record a brief description of the challenge you accomplished, the date it was completed and the points earned in the points log so you don't forget anything. We suggest, keeping your warrior challenge booklet in your training bag so you always have it with you to record your completed tasks. At the conclusion of the challenge record your points earned and place the total under your name on the front of this booklet.

Booklets due to Miss Tammy by 01/06/2025

HOW TO EARN REWARDS

<u>Reward</u>	<u>Criteria to Earn Reward</u>
T-Shirts For Top 5 Finishers	Turn in warrior challenge booklet <ul style="list-style-type: none">• Earn a warrior challenge sticker Place in the top five with points earned

Name Rank School

Total Challenge Points: _____

T-Shirt Size: _____



Blue Wave Holiday Challenge

THANKSGIVING DAY 2024
THROUGH
NEW YEARS DAY 2025

Points Log

Description - Date - Points

Exp: Class BW Strong 11/25 2 Points	

Total Points:_____

WEEKLY CHALLENGE TASKS

Please record the date you completed the activities along with points on the log pages.

DECEMBER 1ST-7TH | 15 POINTS

Do 10 push-ups followed by 25 per arm horse stance punches 3 sets a day for 3 days this week

DECEMBER 8TH - 14TH | 10 POINTS

Practice forms for 20 minutes a day outside of class for three days this week

DECEMBER 15TH - DECEMBER 21ST | 10 POINTS

Do 20 squats followed by 15 per leg front kicks 3 sets a day for 3 days this week

DECEMBER 22ND - DECEMBER 28TH | 10 POINTS

Pick one form to practice 25 times outside of class this week

DECEMBER 29TH - JANUARY 1ST | 10 POINTS

Do 20 high knees per side followed by 20 side kicks per side 3 sets a day for 2 days this week

DECEMBER 31ST - JANUARY 1ST | 15 POINTS

Write a reflection of your training throughout 2024, followed by your goals for your training in 2025. Turn into your instructor by January 6th

THROUGHOUT THE CHALLENGE | 5 POINTS

Class Attendance at your home school

Points Log

Description - Date - Points

Exp: Class BW Strong 11/25 5 Points	

Total Points: _____

Points Log

Description - Date - Points

Exp: Class BW Strong 11/25 5 Points	

Total Points: _____