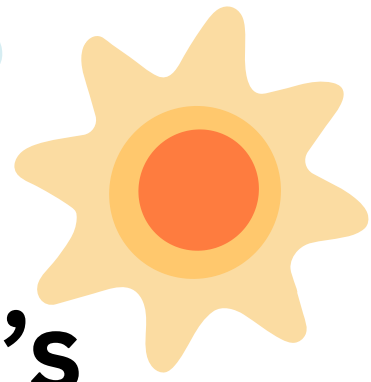


You're invited to join...



Ignite Martial Art's Summer Goals Challenge!

What is it?

Your challenge, if you choose to accept, will be to complete a certain amount of different healthy practices each week for your mind and body, for 10 weeks over the summer. At the end of the summer, if you have completed all of the goals, you will earn a special *Ignite Summer Challenge patch*!

When is it?

The challenge begins Sunday, June 22nd and ends Saturday, August 30th (10 full weeks).

Who is it for?

This challenge is for all ages and levels, and is open to all Ignite students (karate, capoeira, and taekwondo).



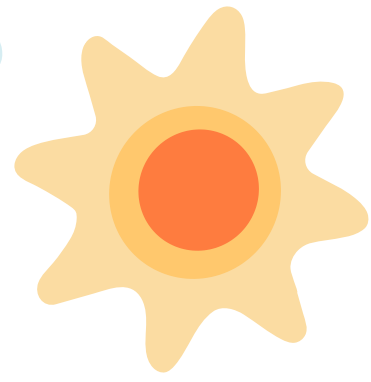
**STAY
ACTIVE!**



*More details on following
pages!*

Overview

KIDS AGES 4-12

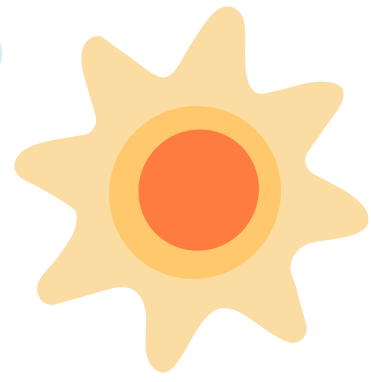


- Push-ups: 50 for the summer = 5/week
- Sit-ups: 50 for the summer = 5/week
- Martial Arts practice time: 100 minutes for the summer = 10 minutes/week
- Slow kicks: 30/leg for the summer (60 total) = 3/leg/week
- Active play/cardio: 900 minutes for the summer = 90 minutes/week
- Stretching: 50 minutes for the summer = 5 minutes per week
- Reading: You set your own goal at the start of the Challenge and work to achieve it! =)
- Good deeds: 10 for the summer = 1/week



Overview

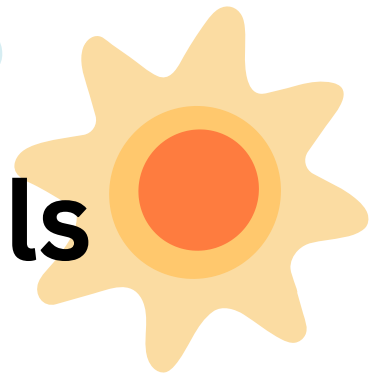
TEENS & ADULTS



- Push-ups / Upper Body Strengthening: 100 reps for the summer = 10 reps/week
- Sit-ups / Core work: 200 reps for the summer = 20 reps/week
- Martial Arts practice time: 100 minutes for the summer = 10 minutes/week
- Slow kicks: 100/leg for the summer (200 total) = 10/leg/week
- Active play/cardio: 900 minutes for the summer = 90 minutes/week
- Stretching: 100 minutes for the summer = 10 minutes per week
- Reading: You set your own goal at the start of the Challenge and work to achieve it! =)
- Good deeds: 10 for the summer = 1/week



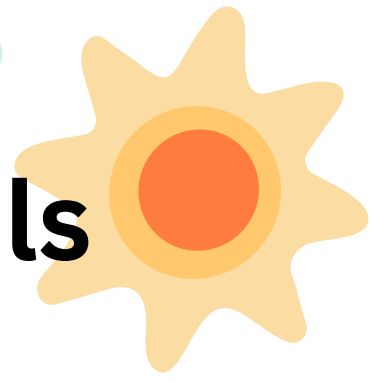
Important Details



- **Push-ups:** it's ok to do these on your knees, or on your toes! Whichever way helps you keep your back flat, is the best. For teens and adults (and kids!) you can change it up with other upper body strengthening drills. For example, exercises with weights or resistance bands that target your back, chest, shoulders, biceps or triceps, or body weight exercises that do the same (such as tricep dips).
- **Sit-ups/core work:** these can be crunches, full sit-ups, or any kind of exercise that helps to strengthen your core muscles. Seated or standing knees to opposite elbows, planks, bird-dogs, etc. Anything that works your core (abdominal muscles) counts here.
- **Martial arts practice:** this can be a karate or taekwondo form, hitting pads, practicing fast kicks or punches, doing a capoeira combination, etc.



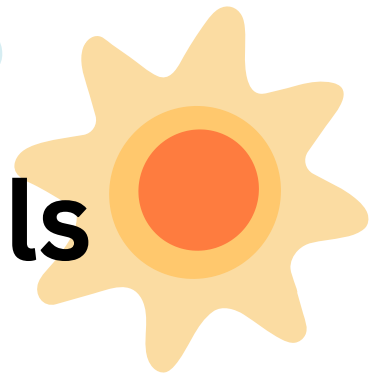
Important Details



- **Slow kicks:** for karate and tkd, you can do these with any kick that is stationary (not a spinning or jump kick)- like front kick, round kick, side kick, hook kick, stomp. It's ok to hold onto a piece of sturdy furniture or the wall to help you balance. For capoeira students, you can do any kick slowly and with control, focusing on your balance: straight kicks like martelo, pisao, gancho, and ponteira, or circular kicks like quixada, armada, meia lua de compasso.
- **Active play/cardio:** the number looks big, but it works out to only three half hour periods a per week. Anything that makes your heart beat faster counts! Ignite classes, biking, running, soccer, dance, playing tag, swinging, etc.
- **Stretching:** this is gentle but active stretching. This should be done after your body is warmed up- after cardio or after some jumping jacks. We will practice some different stretches in class. This helps with flexibility and mobility. Yoga can also count for stretching.



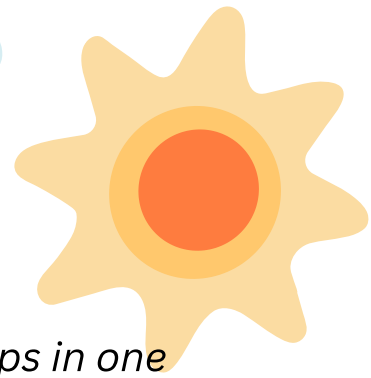
Important Details



- **Reading:** depending on your age, this might be reading independently, with a parent, or having a sibling or parent read to you. Importantly, this should be reading for fun- something you picked and you enjoy. You get to set your own goal and work towards it- this could be setting a certain number of minutes that you want to read, a certain book or series, or a different genre than you normally read.
- **Good deeds:** These are things to help out at home or elsewhere, but are not normal chores that are expected of you. They could be things like helping pull weeds, making a meal or cookies for your family, feeding a pet, helping your community in some way, etc... the key is that they are extra things that are helpful and courteous, that you don't normally do as a regular chore or job.



FAQs



Do I have to do these numbers? I can do 50 push-ups in one day, so can I complete my push-up goal in one day?

You are more than welcome to increase your goal in any or all of the areas- these are minimum goals. The goals must also be done weekly- for example, you can do 50 push-ups in one day, but you still should aim to do a minimum of 5 push-ups per week (for kids), or 10 arm strengthening reps per week (teens and adults). The power in doing the Summer Challenge is to establish a consistent, doable practice and stick with it!

I'm going on a vacation and won't be able to do my goals on those days!

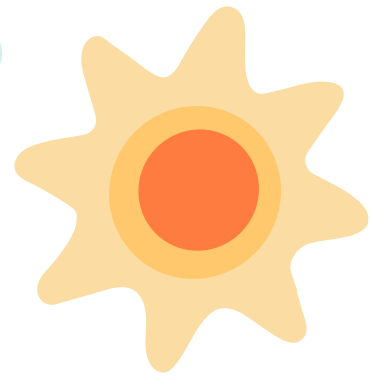
If you are out of town, or have any other circumstance that prevents you from doing the allotted amount per week- it's ok! You can make it up on other days by doing a bit extra. The idea is to participate in these healthy practices consistently throughout the summer as much as possible, but sometimes life happens and you just get back on track when you can.

Does what we do in class count?

The summer challenge work should be done all outside of classes, aside from what we do during the first week of the challenge in classes! You can count portions of class towards cardio though- especially if you are a teen or adult in kickboxing or capoeira conditioning class.



FAQs



Do I have to do this? It doesn't seem like something I would enjoy but I don't want to feel left out.

Participation is totally optional, and there is no pressure to join in! We will explain the Summer Goals Challenge at the start in class, but we will not be talking about them every week in classes. If you think it would be fun to try, we'd love for you to join in! If you feel like this does not sound enjoyable, it's important to listen to yourself. Everyone is different, and some people enjoy this sort of activity, and some people do not! It's important to keep things enjoyable for yourself.

Can I have a goals buddy? It helps me stay accountable if I have someone to check-in with.

Yes! This is a great way to stay on track. Please fill out this form no later than June 7th if you would like to be matched with a goals buddy. If you know a friend in class, you can work with them on your own, or you could invite a parent or non-Ignite student to practice with you as well if you'd like!

Let's meet this challenge together!
Good luck!

