

Ichiban Summer Fitness Challenge - 2019
Friday, July 5th - Friday, September 6th

Come and join us for another fun summer karate and fitness challenge to stay consistent with your individual summer goals. This year we will be focusing on personal growth, as members will be able to celebrate their individual achievements and earn points along the way.

Fitness Groups for 2019:

Ichiban Fitness Only Challenge (Fitness members)

Ichiban Karate & Fitness (Adults and Teen Karate students)

Ichiban Karate & Fitness (Jr. & Teen Black Belts)

Ichiban Little Ninjas & Dragon Karate Challenge

Ichiban Youth Fitness & Karate Challenge

How it works:

- Sign up for the fitness challenge at the front desk to reserve your spot!
- Registration is a \$5-\$25 donation to Karate Instruction Assistance Initiative. 100% of the proceeds will go directly to the non-profit organization to support students in need of financial assistance.
- Once registered you will receive your weekly score cards to track your progress
- Each week, each challenger will need to email their weekly points to summerchallenge@ichibankaratestudio.com
 - Points will be added to the score board prior to all Monday night classes for participants to see where they stand.
- Each challenge group has different ways to earn points. Please refer to the score card to know the point value for each category. Please ask any instructor, or staff member for help if you have any questions.
- Adult/Teen, Fitness only, and Jr./Teen Blackbelt challenge groups will have a weekly online challenge that will be posted every Friday in the Fitness Challenge Facebook group. If you do not utilize facebook, we will email you the challenge directly.
- When posting for points, please make sure to use the hashtag, #ichibankaratesummerchallenge2019

End of year celebrations:

- Each group will have an end of year celebration to finish up the challenge
- Prizes and awards will be presented at the end of the challenge celebrations
 - Dates/times/locations will be made available by week 2 of the challenge, once we have checked in with all participants.
- Fitness only, and Adult/Teen black belts
 - Adult night out.
- Jr. & Teen Black Belts
 - Class outing at Rockspot.
- Youth, Ninjas, and Dragons
 - Ninja Warrior Challenge at Wakefield School's park.