

Winter Warrior Challenge

November: Mentality

4 week challenge - begin by Mon. November 5th

Goal: complete at least 6 tasks each week, allowing for at least 1 rest day

Week 1 - Reflect on season in journal	Week 2 - Record personal Lore in journal
<ul style="list-style-type: none"> <input type="checkbox"/> Meditate about this season (10 min) <input type="checkbox"/> What did you learn? <input type="checkbox"/> What was your best fight? Why? <input type="checkbox"/> What skill did you improve? How? <input type="checkbox"/> What will you practice next year? <input type="checkbox"/> Who can you learn from? <input type="checkbox"/> Mindmap what you do well. <input type="checkbox"/> Mindmap things that affect your confidence. 	<ul style="list-style-type: none"> <input type="checkbox"/> Who are you? <input type="checkbox"/> Where are you from? <input type="checkbox"/> When were you born/how old are you? <input type="checkbox"/> Do you have family? Who are they? <input type="checkbox"/> What is your backstory? (or add to it) <input type="checkbox"/> What are your special skills? Weapons? <input type="checkbox"/> What are your talents, hobbies, and/or interests? <input type="checkbox"/> How did you connect with Terrasylvae?
Week 3 - Acts of gratitude	Week 4 - Publish your writing on the website
<ul style="list-style-type: none"> <input type="checkbox"/> Complete a random act of kindness <input type="checkbox"/> Compliment a fellow fencer <input type="checkbox"/> Give a specific "thank you" to someone in the group <input type="checkbox"/> Thank an Officer <input type="checkbox"/> Read Shay's Attitude article on the website <input type="checkbox"/> Tell someone why you love fencing <input type="checkbox"/> Share a helpful TED talk on the Garrison <input type="checkbox"/> Invite someone to train with you. 	<ul style="list-style-type: none"> <input type="checkbox"/> Read 2 or 3 examples of writing others have already posted. <input type="checkbox"/> Decide if you are writing a journal entry or Terrasylvan Lore <input type="checkbox"/> Brainstorm your story <input type="checkbox"/> Develop a rough draft <input type="checkbox"/> Share it with a friend for edits <input type="checkbox"/> Contact Kane for website journal page (if needed) <input type="checkbox"/> Type/Submit story on website for edits <input type="checkbox"/> Share your published work on the FB group

December: Grab Bag!

12 days of Christmas challenge - begin by Thurs. December 13th

Goal: complete 1 activity/day for 12 days, or challenge yourself to do 31!

- Run/walk a mile
- 10 minutes yoga
- 10 minutes martial arts
- Make a medieval recipe
- 60 second plank
- You-tube video about fencing
- Ted-talk
- Read a story from the website
- Text another fencer
- Visit Woodland
- Name your gear
- Clean your sword
- Mend/wash your gear
- Purchase or make your own sides
- Make a plan to get your own kit
- 50 lunges
- Watch & analyse the fencing scenes of Princess Bride
- Critique Jack Sparrow & Will Turner's sword fight in the first Pirates movie
- Design a t-shirt to submit to Kane
- Sew new garb
- Create a fencing playlist
- 10 Jacks, 10 squats, plank 30 sec, 2 times
- 8 basic, or 11 advanced blocks, 3 sets
- Read SMART Goals article on Website
- 10 Minutes Yoga
- Air Boxing 1 min, Stationary Lunges 2 sets of 10, 10 push ups
- Do something nice for someone without being asked and anonymously
- Go for a 10 min walk
- Dance for 10 min to your favorite tunes
- Mind Map what you do well
- High Knees 2 sets of 10, Side to Side Lunges 2 sets of 10, Stretching 2 min
- Watch the fight scene between Montoya and the man in black from the princess bride and analyze it
- Set up 10 objects ie. Jenga Bricks or Dominos and knock them down one at a time with your sword or a dowel. (If you don't have a dowel go buy one)
- Read the Wiki on Camillo Agrippa
- Play with a ping pong ball 10 min
- Read the Wiki on Ridolfo Capo Ferro
- Practice gauging shots 5 min, then breaking shots 5 min
- Read the Wiki on Gérard Thibault d'Anvers
- Text, message, or garrison mention, a fellow fencer and point out something you admire about them

- Footwork 5 advances, 5 retreats, switch and again, 5 to the right, 5 to the left, switch and again, 5 lunges, switch and again
- Mind Map things that increase your confidence and things that decrease your confidence
- Sword Dance slow for 5 min, then fast for as long as you can up to 5 more min
- Meditate on the meaning of your rose 10 min, if you don't have a meaning, read Kane's Rose of Valor article and start considering what you value and why
- Walk every trail in woodland then stand in the field in middle Woodland and do 5 minutes of breathing exercises
- Text, message, or garrison mention anything you want to Damian (this is a joke since he hates technology)
- With a helper work on off hand for 10 min
- Make a list of your positive attributes inside and outside of fencing
- Practice Multiple Attacks at different heights and depths for 10 min. If you don't understand that read the lesson from the website then do it for 5 min
- Think of a fencing question you want to have answered then brainstorm for 5 min. extra credit for posting your question on the website
- With the tip of your sword or dowel circle a door knob clockwise for 1 min then counter for 1 repeat for each hing resting to a count of ten between each
- Watch the TED talk Swordplay and the Lost Art of Knighthood by Devon Boorman on YouTube
- 8 basic, or 11 advanced blocks, 3 sets with your non dominant hand
- No treats and eat healthy all day
- Yoga 10 min
- Memorize the Swordsman Oath
- Move any way you want for 10 min trying to experience the different muscle groups in your body start in your feet and move up think about how it all feels try closing your eyes while you do this exercise
- Read the Safety article that Shay wrote
- Play with Block Attack Combos for 10 min. If you don't know what that means read the lesson on the website then do it for 5 min
- Read the Honor article that Shay wrote
- Learn to juggle
- Read the Attitude article that Shay wrote
- Turn on some music and fence to it think about the rhythm, tempo and how to time your shots
- Read the Skill article that Shay wrote
- Run in place 30 seconds, deep breath 30, air box 30 seconds, deep breath 30, repeat 3 times Then hold still for as long as you can keeping a clear relaxed mind for as long as you can.
- Watch 5 fights from our channel on YouTube, Terrasylvan Chroniclers
- While standing up and even moving around play with your fencing voice for 5 min focus on fencing phrases and commands and saying them very loudly
- Inch Worm 5 times, Mountain Climbers 2 sets of 10, Tricep Dips 2 sets of 10
- Write a Post on the Garrison
- Read the most current Woodland Watch & Comment (Multiple Options)
- Find a helpful TED talk and share it. Explain why.
- Create a signature move
- Add an additional detail to your persona backstory, you haven't already.
- Describe in a single page, who your persona is.
- Ask a fellow fencer for advice
- Contact someone and see if they want to schedule a time to train together

- Go touch the Heart of Woodland
- Sword Fight imaginary enemies for 10 minutes
- Find a training exercise and try it out.
- Ask your nemesis what their favorite technique is
- Create an account on the website, if you already have read a lore story
- Sign up for the texting group, if you already have try to find Haute's Den on the website
- Share in the Garrison why you chose your fencing name
- Find a grip exercise on Youtube and try it
- Visit Woodland today
- Ask someone for help with a challenge you are facing
- Reply in the Garrison thread with a suggestion for a future Woodland Watch
- Review a lesson you've previously taken in the Training Program
- Which Woodland Guardian calls to you? Why?
- Tell someone not in the group about Terrasyllvae
- Post in the Garrison your best Terrasyllvan Pun
- Stay in basic stance for 10 mins
- Design your dream sword
- Take time to consider your top three choices for your next Master. Your next Apprentice?
- Is there something that should be included in the Training Program that isn't? Suggest it to the Captain in the Garrison
- Create a Fencing Playlist, bonus points for sharing in the Garrison
- Hold your sword (or sword-like object) for a total of 30 minutes today
- Watch the TED Talk "How to start a movement" by Derek Sivers AKA 'The First Follower'
- Watch the TED Talk "Leading with Lollipops" by Drew Dudley

January: Physical

4 week challenge - begin by Mon. January 7th

Goal: increase your physical fitness by following one of the workouts outlined below.

Option 1- workout 6 times a week - check 1 box per day completed

Week 1	Week 2	Week 3	Week 4
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
3 sets of 8 each <ul style="list-style-type: none"> • Pushups • Jumping jacks • Lunges • Squats • Calf raises +30 sec. plank	3 sets of 10 each <ul style="list-style-type: none"> • Pushups • Jumping jacks • Lunges • Squats • Calf raises +40 sec. plank	3 sets of 12 each <ul style="list-style-type: none"> • Pushups • Jumping jacks • Lunges • Squats • Calf raises +50 sec. plank	3 sets of 15 each <ul style="list-style-type: none"> • Pushups • Jumping jacks • Lunges • Squats • Calf raises +60 sec. plank

Option 2 - workout 3 times a week - check 1 box per day completed

Week 1	Week 2	Week 3	Week 4
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<ul style="list-style-type: none"> • 10 pushups • 10 jumping jacks • 10 lunges • 10 squats • 10 calf raises +30 sec. plank	<ul style="list-style-type: none"> • 15 pushups • 15 jumping jacks • 15 lunges • 15 squats • 15 calf raises +30 sec. plank	<ul style="list-style-type: none"> • 20 pushups • 20 jumping jacks • 20 lunges • 20 squats • 20 calf raises +45 sec. plank	<ul style="list-style-type: none"> • 25 pushups • 25 jumping jacks • 25 lunges • 25 squats • 25 calf raises +60 sec. plank

February: Fencing Skills

4 week challenge - begin by Mon. February 4th

Goal: increase your fencing skills by following one of the workouts outlined below.

*If you do not have a sword, use a wooden dowel to practice the point control & blocking exercises

Option 1- workout 6 times a week - check 1 box per day completed

Week 1	Week 2	Week 3	Week 4
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
3 sets of 8 each <ul style="list-style-type: none"> • Point control - circle doorknob • Point control - stab object • Forward step • Retreat step • Left step • Right step +3 sets of blocks	3 sets of 10 each <ul style="list-style-type: none"> • Point control - circle doorknob • Point control - stab object • Forward step • Retreat step • Left step • Right step +3 sets of blocks	3 sets of 12 each <ul style="list-style-type: none"> • Point control - circle doorknob • Point control - stab object • Forward step • Retreat step • Left step • Right step +3 sets of blocks	3 sets of 15 each <ul style="list-style-type: none"> • Point control - circle doorknob • Point control - stab object • Forward step • Retreat step • Left step • Right step +4 sets of blocks

Option 2 - workout 3 times a week - check 1 box per day completed

Week 1	Week 2	Week 3	Week 4
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<ul style="list-style-type: none"> • 10 Point control - circle doorknob • 10 Point control - stab object • 10 Forward step • 10 Retreat step • 10 Left step • 10 Right step +1 set of blocks	<ul style="list-style-type: none"> • 15 Point control - circle doorknob • 15 Point control - stab object • 15 Forward step • 15 Retreat step • 15 Left step • 15 Right step +2 sets of blocks	<ul style="list-style-type: none"> • 20 Point control - circle doorknob • 20 Point control - stab object • 20 Forward step • 20 Retreat step • 20 Left step • 20 Right step +3 sets of blocks	<ul style="list-style-type: none"> • 25 Point control - circle doorknob • 25 Point control - stab object • 25 Forward step • 25 Retreat step • 25 Left step • 25 Right step +4 sets of blocks