

Colorado Blue Wave Martial Arts

Kick-A-Thon Fundraiser!



Kick to be Fit!



Our Kickathon is a heart-healthy way to earn donations for our scholarship program helping families participate in our programs (class tuition and seminars).

What:

The Kickathon is a fundraiser for our scholarship program for students in need and to help provide funds for students to be able to attend our seminars. It's also, a fun and heart-healthy activity with lots of exercise and kicking for participants.

Who:

All COBWAMA students are invited and are welcome to bring their family and friends with them to participate and watch.

When / Where

Saturday Mar 21st in the basement of Christ Our Savior Lutheran Church Longmont, 640 Alpine Street, on the SE corner of Alpine and East Longs Peak.

- 9:30-10:30AM Warm-up/Kicking
- 10:30-11:00AM Forms
- 11:00-11:30AM Sparring
- 11:30-noon Breaking
- Noon-1:30PM Potluck Lunch

Goal:

To have participants do 250 Kicks per person, and 4000 total for everyone. We'd also like to have everyone try three breaks each. It would be awesome to break a total of 140 boards (re-breakable or real). Our goal is to raise at least a total of \$200 or about \$15 per person participating and to have students find 3 to 5 donors willing to sponsor for a flat \$5 or 2 cents per kick.

Prizes:

T-shirts for top 3 students in total number of good kicks. We'll also have other prizes for best in each segment and prizes for everyone that participates in the fundraiser with at least a \$5 donation. There will be an additional prize for those that get at least \$20 in donations. First and second place prizes for those with donations of \$25 or more and for the top two students with the most donations.

Donor Registration for Colorado Blue Wave Martial Arts Kick-a-thon

Participant name _____

Name	Address	Phone	Flat donation (\$)	Donation per kick (Cents)	Total donation
Total					

Total Number of Kicks performed _____ Instructor Initials _____
 Total Number for entire class _____ Total number of boards broken for class _____

Basic Kicking (all)

Kick name	#	Combinations	#
Front kick		Front-side (2)	
Side kick		Front-round (2)	
Roundhouse		Side, turning side (2)	
Crescent		Step, round (1)	
Ax Kick		Step-punch, side kick (1)	

Intermediate Kicking (green 'n up)

Kick name	#	Combinations	#
Jumping Front		Cha-Ghee (3)	
Back kick		Turning side, double side (3)	
Wheel		Double-punch, front-kick (1)	
Back Crescent		SuTo (1)	
Jumping side		Two round (2)	

Advanced Kicking (brown 'n up)

Kick name	#	Combinations	#
Jumping round		Tornado (2)	
Jumping back		Front, jumping front (2)	
Hook		Round, wheel (2)	
Reverse round		Double lead round, round (3)	
540 jump		Round, back, jump round	

Name	# (Kicks or boards)
Forms	
Sparring	
Break-1 (Re-breakable)	
Break-2 (either)	
Break-3 (wood)	