

Kick/Punch-A-Thon Rules

Our annual kick/punch-a-thon is a fun and fit activity for the competition/demo team, with all children reaching for their personal best. Students set realistic kick/punching goals based on age and development.

Our goal is to help the fundraising committee raise at least \$1000 to fund the **Disney's Martial Arts Festival** trip. We hope that each family will participate in the kick/punch-a-thon to the best of its ability. If each family raises \$50, we will achieve our goal. We're hoping to make this kick/punch-a-thon the best ever, so the more contributions you raise; the more successful we'll be at achieving our goal. Thank you very much for your participation!

Personnel Needed:

Kick/Punch Counters
Record Keeper(s)
Time Keeper

Forms Needed:

Flyer
Pledge Sheet
Master Sheet

It is up to the Organizer:

1. The time length to kick/punch. Our experience has been for kicks; two minutes produces between 140 and 225 kicks or punches.
2. We only counted quality kicks and full chambers for punches
3. If they are kicking, we let the Participant hold on to something for balance.
4. If kicking, we let the participant switch legs
5. We used round house kicks and for Participants with disabilities we did punches from a horse stance or their wheel chair.
6. Split of the Money:
 - a. We have done 25% to the coaches' fund and 75% to that participants' competition fund.
 - b. We have done 50% goes to a charity and 50% goes to the Participant.
 - c. For those that participated that are not on the competition team, the money they raise goes to a general fund and 25% of the general fund goes to the coaches fund and 75% is split equally between the team members.
 - d. Set a time line for the money to be back. It is vital that the Organizer stays on the Participants to return their pledge money.

Rules for collecting money

1. Students may start collecting pledges as soon as they receive the pledge sheets.
Reminder: Pledge sheets need to be turned in by kick/punch-a-thon day.
2. Pledges may be made by anyone. Please ask everyone who pledges if his or her company has a matching gift fund policy. Family and work (if permitted of course) are great places to find pledges
3. Each sponsor making a pledge should write his or her own name, pledge per kick, and maximum pledge. Students may collect the pledge in advance but must keep pledges until all are collected.

Rules for Kick/Punch-a-thon

1. All participants will be broken down into groups of the same size. The number of groups will depend on how many volunteers we have to keep track of the kicks or punches. The more volunteers, the more groups, and the more money the participants can raise!
2. Each Participant will then line up in front of one Counter.
3. Participant will hand the Counter their sponsor sheet.
4. The timekeeper will yell, "GO!" and the participant will have 2 minutes to perform as many kicks as they can.
5. After 2 minutes the timekeeper will yell, "STOP!" and the Counter will mark their sponsor sheet and hand it back to the Participant.
6. Participant will take it to the Record Keeper and the Record Keeper will update the Master Sheet and the Participants' pledge sheet. The Record Keepers will help the participants tally their scores and figure out how much to collect from each sponsor. The Record Keeper will then give the pledge sheet back to the Kicker. The Kicker can then go and collect the sponsored money.

Pledge Sheet for (School Name) Kick/Punch-A-Thon!

Help the Competition Team Go To Disney's Martial Arts Festival!

Day and Date

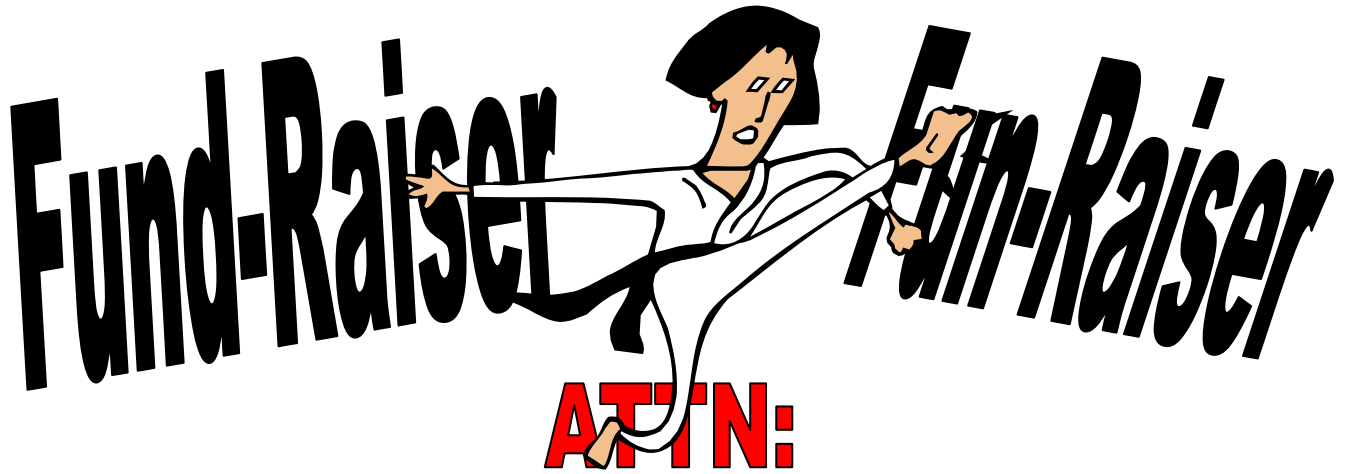
First Name: _____ Last Name: _____

I plan to Kick/punch at least _____ times for our Competition Team.

Dear Potential Sponsor,

I am participating in the (School Name) Kick/Punch-A-Thon. I am helping raise funds for our Competition Team to travel to **Disney's Martial Arts Festival**. You can sponsor me for an amount per kick/punch and can name a maximum amount that you are willing to contribute. After the kick/punch-a-thon, I will return to tell you how many kicks/punches I performed and collect your contribution. Thank you!

Name of Sponsor	Pledge per Kick/Punch (Example: \$0.10)	Maximum Pledge	Amount Collected from Sponsor	Business Matching Pledge Amount
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				



Kick/Punch-a-Thon Participants

Where: USA Kenpo Karate

When: Friday, June 26th at 5:45 PM

**Raising Money for
Our Competition
Team to go to
Disney's Martial Arts Festival**

Not on the team?
Can you kick/punch for 2 minutes?
Then join the cause!
Donate your funds to the General
Competition fund.

Parent Volunteers to help with the Kick/Punch-A-Thon

- | | |
|----|-----|
| 1. | 8. |
| 2. | 9. |
| 3. | 10. |
| 4. | 11. |
| 5. | 12. |
| 6. | 13. |
| 7. | 14. |
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