



ANNUAL KICKATHON

Saturday

April 28th, 2007

Starts

@

2:00pm

SHARP!

Improving YOU & YOUR Community

For the last 15 years!

AND GROWING!

What is the ANNUAL KICKATHON?

This is a fundraising event. Students of our Tae Kwon Do Program seek out generous sponsors in their goal to complete 1000 kicks in 1 hour or less.

Sponsors are asked to fill in the sponsorship form and donate an amount of their choice.

**By choosing to donate to this
Tae Kwon Do Program,**

YOUR HELP WILL

Purchase and maintain new equipment,
Provide a place for struggling teens & adults,
Students learn new skills, stay active,

While building :

Confidence, Self Esteem, Respect,
Improved Health & leadership skills in a
meaningful environment

While offering a safe & clean school
for the people & children in the community
to train with professional instructors.

Dear neighbours and friends,

Do you know that we are in the midst of an obesity epidemic in Canada? We are all overweight and out of shape and we need help to get healthy!

And do you know who is suffering the most? Our children! The situation is so serious that the Canadian federal government now offers an unprecedented children's fitness tax credit of up to \$500. Per child enrolled in an eligible program of physical activity such as taekwondo. Take advantage of our opening special price of \$39.99 For one month and receive an olympic style taekwondo uniform for free.

Join us today and let our taekwondo family help you and your family achieve a long, happy and healthy life together, the taekwondo way.



Master Robert Leszczynski
Master Instructor, 5th dan black belt
Mudokwan Taekwondo Canada
WTF Taekwondo

