



Marathon for Martial Arts 2020

Saturday, November 7th—on Zoom at 2pm

Tuesday, November 10th—on Zoom at 6pm

WHAT TO DO: (If you can't make either time see below**)

1. **GET SPONSORS**— Ask your parents, grandparents, relatives, neighbors, friends, everyone you know to pledge an amount per kick, punch, etc., *or for a flat donation of any amount.* Please tell your sponsors that all donations are tax-deductible! Also check with parents/guardian for safe COVID collection practices.



2. TUNE IN TO THE MARATHON ON ZOOM

November 7th at 2pm or November 10th at 6pm



You can do the three sessions in your own home—have a counter!

You will be in 3 events lasting 3 minutes each:

- 1) Stomp Kicks from Shizen
- 2) Shadow Boxing—Jab, Jab, Cross, Hook, Hook, Uppercut, Uppercut, SWITCH STANCE—counts as one (1)—for total punches x 7
- 3) Step-back and Block from Shizen (natural stance)—switch sides.

PARENTS: We need you to count as the students do their events! Please plan to stay on Zoom and help us out! Note totals on sticker.



3. TOTAL YOUR PLEDGES AND COLLECT THE MONEY

Have your parents help you figure out how much people owe and collect your donations. **Check Website for online options.

4. **TURN IN YOUR MONEY AND PRIZE FORM** - Turn in all donations by **December 5th**—along with your prize order form!

** If you can't join us on ZOOM—Do your Marathon on your own! 3-3 minute sessions. Let us know the results by Sat. November 14.

5) **COLLECT YOUR PRIZE(S)**
At The Dojo any Saturday 9am-2pm
or Tuesday 3pm-6pm.



\$100 plus party will be held when possible

**Remember to train hard for the Marathon.
We all need to get strong during the Pandemic!**

2020 Marathon for Martial Arts

Student's Name

Name	Donation	Amount Collected

**Please Note: We are trying to set up an online Donation Option on our Website: <http://nm-ninjakids.org/> Check it!

Number of Kicks, Total
Etc. Completed _____ Collected \$ _____