

2019 KICK-A-THON FAQ
(Frequently Asked Questions)

Do I have to do the Kick-A-Thon?

Yes, if you are going to be in class the week of October 14-19, 2019 and are in a youth or adult class. Kicking is the class curriculum for the week.

Do I have to get sponsors/donations?

No, but we sure would like you to as it helps our charitable cause. Every small donation adds up. This year's 501(c) (3) elect charity is the "**Marine Toys for Tots Foundation**", a **Human Services non-profit that gives toys representing a message of hope to less fortunate youngsters in effort to model them into becoming responsible, productive, and patriotic citizens and community leaders.** Any cash received goes into an ISMA fund designated in helping students with training opportunities. Cash donations are received as gifts, and are not tax-deductible.

Do I have to turn in my sponsor/donation form even if I don't get sponsor donations?

Yes, this form is part of the "accountability" skill learned through the Kick-a-Thon exercise. The form was given to each student with specific instructions to "keep it safe" and not lose it. Each student should write their own kick goal on it. It is your "ticket" to the Kick-a-Thon. At the kick-a-thon your actual number of kicks will be recorded. If you have donation money to collect the form will be returned to you. ISMA keeps these forms as business/charity proof of this event.

What if I lose my sponsor/donation form?

Again, this is part of the "accountability" lesson. It is now your responsibility to locate another copy. Do not ask Sifu Bales for a second copy - ISMA spends initially about \$50 on annual Kick-a-Thon materials. (hint: our website, www.isma.us, is always a good source for valuable information).

What if I come to class and forget to bring my sponsor/donation form?

And again, this is part of the "accountability" lesson. The first class of the week you will be given a chance to watch or practice for the Kick-a-Thon. If you forget your form the second class of the week you will participate in a push-up-a-thon instead of the Kick-a-Thon. The Kick-a-Thon has a special purpose above a regular class - in order to keep the interest exciting for those participating, those not prepared are not permitted to go through the event. The Kick-a-Thon is special and it's something continuing students look forward to each year.

When do I turn in my sponsor/donation form?

Anytime between October 14th through October 26th after you have participated in the Kick-a-Thon and collected as much donation money as sponsors have pledged to you.

What if I won't be in class that week, but still want to do the Kick-A-Thon?

The kick-a-thon is only offered during a specific week each year. It may be possible to make-up the kick-a-thon during another scheduled class during that week. If you need to attend another class to participate in the kick-a-thon, please contact Sifu Bales before the Kick-a-Thon week begins.

Inner Strength Martial Arts



2019
Kick-A-Thon

Kick-A-Thon 2019

Who: ALL ISMA Youth & Adult Students

When: Your regular ISMA class the week of October 14-19th, 2019

Event Purpose: This event increases a student's self-esteem, confidence, and determination to accomplish a goal. The student develops accountability, goal setting, communication, math, safety, listening, and kick skills - while gaining the support and encouragement of others.

Donation Purpose: To help increase charitable funds for this year's elect charity – The "**Marine Toys for Tots Foundation**" (EIN 20-3021444), a Human Services non-profit that gives toys representing a message of hope to less fortunate youngsters in effort to model them into becoming responsible, productive, and patriotic citizens and community leaders. All checks should be made directly to the elect charity. Any cash received goes into an ISMA fund designated in helping students with training opportunities. Cash donations are received as gifts, and are not tax-deductible.

Before the Kick-A-Thon:

1. All Students (regardless of pledges received) will be required to turn in their pledge sheet - so keep it safe.
2. Students wishing to get donations will need to ask sponsors to pledge donations based on the number of kicks the student estimates they will be able to complete in 30 minutes. Pledges can be on a per kick basis or a flat rate amount. The maximum number of kicks can be 1,380 in the allotted time.
3. Have the sponsor complete the pledge form. If the sponsor is donating a flat rate amount and would like to pay in full at this time, they may do so. All checks should be written directly to "**Marine Toys for Tots Foundation**".
4. Parents who do not wish for their child to engage in asking for outside sponsorship are encouraged to sponsor their child themselves or have a relative do so. From prior experience, we have seen even a flat rate minimal sponsorship amount create tremendous support and encouragement to the students. It really increases the participant's self-esteem and even the smallest donation will help our efforts.

Kick-A-Thon Week:

1. Students need to bring their pledge sheets to class October 14-19th. Students who forget to bring their pledge sheet, will have a second opportunity during their second weekly class. Students forgetting to bring their pledge forms by their second class, will do push-ups during the kick-a-thon time.
2. During their class time, students will be given 30 minutes to throw as many **Front Snap Kicks** as they can. Once they miss a count, their kick-a-thon stops and their total number of kicks documented. There will be no breaks or rest periods.
3. The count will be set by a metronome at 46 beats to a minute.
4. Students must put their foot down between kicks. Students not kicking with good form & execution will be warned once. The second notice will result in their Kick-a-Thon session ending and number of kicks to that point documented.

After the Kick-A-Thon:

1. Students will need to return to their sponsors and request payment for the sponsor's donation. All checks must be payable to "**Marine Toys for Tots Foundation**". Cash gifts are also accepted as previously explained.
2. Students need to return their pledge forms and money no later than Saturday, October 26th. **ALL** pledge forms must be returned (even those without donations).

Awards

Grand Prize:

The Student who turns in the most donation money will receive the Grand Prize – a mutually agreed upon martial arts related item subject to age and rank. Previously students have won sparring gear, weapons, novelty items, etc.

(The Grand Prize value is subject to and dependent upon total event cash donations received as gifts.)

Other Awards:

Student who successfully complete the entire 1380 kicks earn a merit Kick-a-Thon stripe on their current belt.

Students who return their pledge form(s) and money totaling at least...

- ◆ \$50 will receive an official 2019 Kick-a-Thon certificate.
- ◆ \$150 will receive a Private Lesson Certificate.

All rules must be followed to be eligible for prizes. Private Lesson is ½ hour with Sifu Bales and scheduled as mutually agreed upon. Private Lesson Certificate expires 1 year from date of award, are non-transferable, and participant must be a current ISMA student at time of surrendering the certificate. Each student may earn only one Private Lesson Certificate each Kick-a-Thon year.

2019 Kick-A-Thon Pledge Form

Student's Name: _____

Age: _____

Dear Sponsor -

I'm participating in a Kick-A-Thon. I will have 30 minutes to continuously do a martial arts Front Snap Kick, at a rate of 46 kicks per minute. I must set my foot down between kicks, but can't take a break, throw a sloppy kick, or miss a beat. If I do, my Kick-a-Thon session will end at that time.

Would you please sponsor me with a per kick amount or flat donation amount? You can either direct your donation to be given to the "**Marine Toys for Tots Foundation**" our 501 (c) (3) elect charity for this year – Toys for Tots is a Human Services non-profit that gives toys representing a message of hope to less fortunate youngsters in effort to model them into becoming responsible, productive, and patriotic citizens and community leaders OR you can pledge a gift donation that goes into a designated fund used to help students with training opportunities.

The maximum number of kicks possible is 1380. My personal goal is _____.

The Kick-a-Thon will be held October 14-19th and I need to collect all my donations before October 26th or if you are donating a flat rate amount, you may write a check now if you'd like. Please make all checks payable to "**Marine Toys for Tots Foundation**" directly. Cash gift donations will go to the designated ISMA fund. Your check documentation will be your receipt for tax deduction purposes to "**Marine Toys for Tots Foundation**" (EIN 20-3021444). If you need confirmation of delivery from me to ISMA, from my instructor, please check the box next to your name.

.....
Thank you!

A Letter from my Instructor (Sifu):

Thank you for taking time to listen and consider sponsoring this student. Quality martial arts has been proven to increase an individual's confidence and self-esteem. It gives them a positive organized activity with goals. They develop confidence to walk away from negative peer pressure and are respectful members of the community. This event specifically helps these students develop accountability, goal setting, communication, math, safety, listening, and kicking skills as well.

Inner Strength Martial Arts believes students should work hard for what they want out of life. These students are asking for your help in supporting these causes. ISMA students are taught self-control and the use of their martial arts skills only as a last resort for self-defense or to defend others who aren't capable. Students have one chance over the course of the week to participate in the event. Your pledge to them is important to enhancing their training, self-esteem, and to reinforce the benefits of hard work. In return, these students will try as hard as they can to earn your donation.

If you have any questions, please feel free to contact me.

Thank You for Your Support!
Sifu Cheryl Bales
Inner Strength Martial Arts
www.isma.us
972-379-SIFU

