Lake Stevens 3rd Annual

Health Kick

Lake Stevens Health Kick is an exciting and action-packed event . This is your opportunity to help raise money for the Children's Hospital of Seattle. Participant collect pledges and use their Kick/Punch skills and challenge themselves as their friends and family cheer them on!

Benefiting

Seattle Children's®
HOSPITAL • RESEARCH • FOUNDATION

Saturday, Mar 28th 2015
10:30 am to 2:00 pm
at (Tigers Black Belt Academy)

Divisions

1. ***Poom-Se (Form) Competition*** (25 sec)
2. ***Self-Defense Competition*** (25 sec)
3. ***Push-ups Competition*** (5 min)
4. ***Leg Raises Competition*** (5 min)
5. ***Individual Division*** (5 min)

Single Target (Front Snap Kick)
5 & under, 6~9, 10~13 , 14~17, 18~36, 37~59, 60+

6. ***Family/Team Division*** (5 min)

(Min 2 people Team, Front Snap Kick)

Rules

1. Participant may start collecting pledges after they receive pledge sheet (***Remember*** –Pledge sheet need return by June 4th)
2. Pledge may be made by anyone. Set a goal for yourself , how many kick/punch you can do within 5min, let them know so they can donate accordingly
3. **There will be 5 minute time limit for Target Drills**

Schedule of Events

- 10:30 am Registration
- 11:00 am Opening Ceremonies
- 11:30 am Poom-Se (Form) Competition
- 11:45 am Self-Defense Competition
- 12:00 pm Push-ups Competition
- 12:20 pm Leg Raises Competition
- 12:40 pm Individual Front Snap Kick
- 1:40 pm Family/Team Front Snap Kick
- 2:00 pm Award Ceremony

Come & Join Us,

Walk-in & Visitor Welcome

5 min

for Kick/Punch to Challenging

Win Gold Medal for Most Kicks

Host By:

MASTER SHIN'S TAEKWONDO
TIGERS
BLACK BELT ACADEMY

Www.TigersBB.com
(425)334-4500

Sponsorship Opportunity

Presenting (Hosting) Partner $ 10,000 Platinum Sponsor $ 5,000 Gold Sponsor $ 2,500
Silver Sponsor $ 1,000 Bronze Sponsor $ 500 Supporter $250 ~ $500