



Please Join  
The Foundation of Empowerment  
and Aikido Kids!®

for our 4<sup>th</sup> annual

# KICK A THON!

GREAT Exercise!

No Martial Arts  
Experience Needed!!!

Come have fun!



**Saturday, October 18<sup>th</sup>**

**9:30 and 11:00 am**

*at the Old Redmond Schoolhouse Community Center*

How many kicks can you do in an hour? Please join us for our annual Kickathon! The money we raise will help us create an online video-curriculum on Stranger Awareness and simple Self Defense for kids!

Last year 25 kids did 40,000 kicks! This year our goal is to do a total of 80,000 kicks.....whew! We know we can do it! A team is kicking at 9:30 am, and another team kicks at 11 am. Please sign up for a team time in advance.

To participate:

Visit: [www.aikidokids.net](http://www.aikidokids.net) and choose “**Kickathon**”

or call: 425 495-4013