

Kicking for COURAGE

Join Wexford and Cranberry ATA this November in supporting children coping with serious illnesses at Children's Hospital of Pittsburgh through the Beads of Courage Program Sponsored by The Palermo Heart to Heart Foundation.



Spar-a-Thon

Saturday, November 10, 2018

9:00 a.m. - 4:00 p.m.

All Students can Participate!

No regular classes on November 10th.

- Step 1 - Sign up, receive your sponsor sheet.**
- Step 2 - Gather sponsors. Sponsors can donate two ways: A specific amount for each round you spar or a flat donation.**
- Step 3 - Spar! Spar as many rounds as you can in 45 min. on Sat. Nov. 10th.**
** Don't forget to bring your sponsor sheet with you!*
** Rounds will be 1 minute long of freestyle sparring.*
** Students do not have to stay the entire hour.*
White, orange and yellow belts will line spar and camo belts and above will free spar with all safety gear. Face shields not required.
- Step 4 - Let your sponsors know how many rounds you sparred and collect your sponsor's donations and return your total to your instructor by Saturday, November 17th. Checks payable to: 'Palermo Foundation'**

Sparring Divisions and Times

Tigers white, orange & yellow belts	9:00 a.m. - 9:45 a.m.
Tigers camo thru red belt belts	10:00 a.m. - 10:45 a.m.
Karate Kids white, orange & yellow belts	9:00 a.m. - 9:45 a.m.
Karate Kids Camo, Green, Purple, Blue Belts	11:00 a.m. - 11:45 a.m.
Karate Kids brown, red and all 1BR belts	12:00 p.m. - 12:45 p.m.
Karate Kids ALL Black Belts	1:00 p.m. - 1:45 p.m.
Teens and Adults ALL ranks	3:00 p.m. - 3:45 p.m.