PROACTION Martial Arts are holding a sponsored 'Kick-a-thon' on Friday 29th January 2010 in aid of the 'Red Cross Haiti Earthquake appeal'. Members of our Junior sections will perform a minimum of 250 kicks each, whilst our adult members will perform a minimum of 400 kicks. Our Chief Instructor has committed to over performing 1,000 kicks. 100% of proceeds will go to Haiti, via the Red Cross appeal. For further information please call PROACTION on 07717 116115

PROACTION Martial Arts are a member of the ITF (International Taekwon-Do Federation). Our president, Grand Master Tran, was in Haiti in early January. He was last seen retiring to his 3rd floor Hotel room in Port-au-Prince, 10 minutes before the earthquake struck. Grand Master Tran has not be seen, or heard from since. Taekwon-Do has millions of practitioners across the world, and we hope to use our art to help raise money for all affected by the Haiti Disaster. We will be posting any updates on our club web site at www.MAlessons.co.uk

Name	Address	Per kick	Donation	Collected (Y/N)