



Alpha Martial Arts “AT HOME” Kick-A-Thon Guide

Thank you for participating in this year’s Kick-A-Thon!

- Please Complete your kicks at home between Friday 10/14/22 – Sunday 10/16/22.
- Take a picture (or have someone take a picture) of you before, during or after your kicks & email your dojo with the total # of kicks completed to receive credit for your kicks.
 - AMA Ballard: ballard@alphamartialarts.com
 - AMA Capitol Hill: caphill@alphamartialarts.com
 - AMA Ravenna-Bryant: staff@alphamartialarts.com
- Remember to warm up and stretch before doing your kicks!
- Practice good form! If you are going to do 100 to 1,000 kicks we want to develop good habits: Hands Up, Good Chambers and Kick Above Your Belt – even if you are tired 😊
- Take short rest and water breaks (30-60 seconds) as needed.
- All students should complete at least 100 kicks, but here’s some goals to target:
 - Dragons: 100+ kicks
 - Beginners: 200+ kicks
 - Intermediate: 500+ kicks

Start Kicking!

- **Dragons 100:**
 - L Guard: Rear Front Kicks 10
 - L Guard: Lead Side Kicks 10
 - L Guard: Rear Round Kicks 10
 - L Guard: Lead Round Kicks 10
 - *Ready Stance (feet under shoulders): Alternate Front Kicks 20*
 - R Guard: Rear Front Kicks 10
 - R Guard: Lead Side Kicks 10
 - R Guard: Rear Round Kicks 10
 - R Guard: Lead Round Kicks 10
 - **That’s 100 kicks!**

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- **Beginners 200:**
 - *Start with Dragons (above) for an extra 100 kicks!
 - L Guard: Rear Front Kicks 25
 - R Guard: Rear Front Kicks 25
 - L Guard: Lead Side Kicks 25
 - R Guard: Lead Side Kicks 25
 - L Guard: Rear Round Kicks 25
 - R Guard: Rear Round Kicks 25
 - L Guard: Lead Round Kicks 25
 - R Guard: Lead Round Kicks 25
 - **That's 200 kicks!**
- **Intermediate 500**
 - L Guard: Lead Hook Kicks 25
 - R Guard: Lead Hook Kicks 25
 - L Guard: Lead Hook – Lead Round Kick Combo 25+25=50
 - R Guard: Lead Hook – Lead Round Kick Combo 25+25=50
 - L Guard: Rear Outside Crescent Kicks 25
 - L Guard: Rear Inside Crescent Kicks 25
 - L Guard: Rear Axe Kicks 25
 - L Guard: Rear Outside, Inside, Axe Combo 25+25+25 = 75
 - R Guard: Rear Outside Crescent Kicks 25
 - R Guard: Rear Inside Crescent Kicks 25
 - R Guard: Rear Axe Kicks 25
 - R Guard: Rear Outside, Inside, Axe Combo 25+25+25 = 75
 - **That's 500 kicks!**
 - *Add Dragons (above) for an extra 100 kicks!
 - *Add Beginners (above) for an extra 200 kicks!
- **Black Belt Challenge 1000**
 - Complete Dragons 100, Beginners 200, Intermediate 500 then continue with:
 - L Guard: Lead Front Kick, Lead Side Kick, Lead Round Kick Combo 10+10+10 = 30
 - *Ready Stance (feet under shoulders): Alternate Front Kicks 20*
 - R Guard: Lead Front Kick, Lead Side Kick, Lead Round Kick Combo 10+10+10 = 30
 - *Ready Stance (feet under shoulders): Alternate Front Kicks 20*
 - L Guard: Lead Hook Kick, Rear Back Kick 20+20 = 40
 - R Guard: Lead Hook Kick, Rear Back Kick 20+20 = 40
 - *Ready Stance (feet under shoulders): Alternate Front Kicks 20*
 - **That's 1000 kicks!**

Have fun and THANK YOU for your efforts to Kick-Out Childhood Cancer!

Donations are appreciated, but not required to participate. All students who raise \$30 or more for childhood cancer research at Seattle Children's Hospital will receive our new 2022 AMA Kick-A-Thon patch for their uniform (pictured above).

To make a donation please visit this link: <https://give.seattlechildrens.org/alpha>