



What is the Black Belt Foundation?

The Black Belt Foundation is a non-profit organization co-founded by Grand Master J. W. Kim. The goal of The Black Belt Foundation is to use the values of Taekwondo to help other people break out of the restrictive cycles of poverty, poor education, and poor health. Through teaching Taekwondo, it is the mission of The Black Belt Foundation to improve the lives of the extreme poor in Brazil by teaching them community, responsibility, perseverance, and teamwork providing a healthy alternative to avoid the pitfalls that often accompany severe poverty such as illiteracy, drug use, and teen pregnancy.

The students served by The Black Belt Foundation are poor children who live in the slums. These children live in dilapidated shanties, and often go without food, medicine, and other basic needs. They are exposed to drugs and violence, and often beg for food and money to help their families survive.

Who Teaches Taekwondo for the Program?

The Black Belt Foundation has several volunteers who teach Taekwondo in Brazil. The head of the volunteers is Master Gilberto, who is the President of the Alagoas State Taekwondo Association where the programs are located. Master Gilberto himself once had to beg for food. He credits Taekwondo with saving him from a life of poverty.

Master Gilberto has dedicated his life to helping these children, and he and the other volunteers donate their time and money to teach them. They have seen a tremendous effect on the children's lives as a result. Many have escaped the drugs and violence of their communities and can see hope for a brighter future.

Oversight in Brazil is provided by Grand Master Yeo Jun Kim and Master Hugo Yamada.

What do the Students in the Program Need From Us?

The students have little or no uniforms, paddles, sparring gear, and other Taekwondo equipment. In fact, they are lacking many essentials in their lives such as food, clothing, shelter, and clean drinking water.

Grand Master Kim, J.W. Kim Taekwondo, and The Black Belt Foundation are dedicated to bringing Taekwondo and its principles to those less fortunate. We have seen first hand the life changing effects of Taekwondo. We should all remember that there are many people who simply try to survive each day, and our lives of privilege require us to give back to those who need our help.

The Black Belt Foundation is working to provide Taekwondo equipment and training areas, food, school supplies, computers, and more to the impoverished students in Brazil.

The Black Belt Foundation oversees the distribution of funds and equipment for the program.



The Black Belt Foundation: January 25 Kick-A-Thon

The Kick-A-Thon will be on Friday, January 25, 2019 at 5:30PM.

Prior to the Kick-A-Thon

1. Set a goal for the number of kicks you can do in 25 minutes
 - a. You will kick for 30 minutes and hold for a partner for 25 minutes
 - b. Make it a high number, but a reasonable one
2. Ask for donations
 - a. Ask people to donate a certain amount of money for each kick that you complete
 - b. If your donors do not want to sponsor you per kick, ask if they would be willing to make a contribution (flat donation as opposed to money per kick)
 - c. Of course we want to raise as much as we can, but anything they are willing to donate is appreciated!
 - d. Let people know that The Black Belt Foundation is a non-profit charity (501(c)(3) tax exempt status) and their donations may be tax deductible.
 - e. Sponsors can provide donations via cash, check (made payable to The black Belt Foundation) or online at <http://www.jwkimtkd.com/the-black-belt-foundation.html>.

During the Kick-A-Thon

1. Do as many kicks as you can
2. Invite your sponsors to come watch
3. Have fun!!

The record for the most kicks is 3,348!

After the Kick-A-Thon

1. After the kick-a-thon go back to your sponsors and tell them how many kicks you did and what the total donation would be
 - a. *Donors should make checks payable to The Black Belt Foundation*
2. Turn in donations and sponsor log to Grand Master Kim, Master Mike, or Master Cody by May 31.
 - a. Please complete the sponsor log (example on next page). This information is important for the Black Belt Foundation to know and is necessary in documenting where our money is coming from. We cannot provide your sponsors with a receipt if they do not provide this information for us. Additionally, you will not be eligible to win prizes at the testing if you do not submit your log.
3. The person who completes the most kicks and the person who raises the most money will win a trophy which will be awarded at the black belt testing
 - a. If you do not turn in a sponsor log you will not be eligible to win

How much money can you raise? If each participant raises only \$100 we will raise over \$6,000!

- 1000 kicks
 - 200 kicks every 5 minutes
 - 40 kicks per minute
 - At \$.05 per kick that would be \$50
 - 4 sponsors would be \$200

Raise over \$2,493 to set a new record!

Possible Sponsors include:

1. Friends
2. Family
3. Teachers
4. Neighbors



The Black Belt Foundation: January 25 Kick-A-Thon Sponsor Log

| Sponsor's Name (First and Last) | Sponsor's Address | Sponsor's E-mail | Sponsor's Phone Number | Donation Method (Circle) | Total Donation |
|------------------------------------|-------------------|------------------|------------------------|-----------------------------|----------------|
| | | | | Cash Check Online | |
| | | | | Cash Check Online | |
| | | | | Cash Check Online | |
| | | | | Cash Check Online | |
| | | | | Cash Check Online | |
| | | | | Cash Check Online | |
| | | | | Cash Check Online | |

Note: The Black Belt Foundation needs all of the above information to track donations as well as to issue receipts. Sponsors should make checks payable to The Black Belt Foundation. If this page is incomplete, you will not be eligible to win prizes. Please make as many copies of this page as you need to accommodate all sponsorships.

Participant's Name: _____

Total number of kicks completed: _____