



COLCHESTER KARATE ACADEMY

FULL TIME CENTRE FOR MARTIAL ARTS CHARACTER BUILDING WITH LIFE & SAFETY SKILLS

Visit our full time venue any time at Unit E2 Cowdray Centre, Cowdray Avenue, Colchester, Essex, CO1 1BP Phone: 07753627204

Welcome

News

Training Times

Programs

Enquiries

Shopping

PUNCH-A-KICK-A-THON & ANNUAL CLUB BBQ

18th July 2009

Help raise funds for the Squad to attend South Africa for the World Championships

Flyer to distribute to friends, colleagues etc

Sponsor Forms

Photos from 2008

- TREASURE HUNT
- MID YEAR AWARDS
- FUN & GAMES
- MARQUEE
- BBQ
- RAFFLE
- FACE PAINTING
- BOUNCY CASTLE *
- SUMO WRESTLING*

* Sumo wrestling and bouncy castle to be confirmed.

Where: Maypole Pub, Berechurch Hall road

Time: 2pm till late

Cost: £1 entry

FREE entry for those 18 months and under
&
participants in the PUNC-A-KICK-A-THON

BBQ £5 per person (optional)
(Food includes vegetarian options)

Rules & Categories of prizes



- MEDALS FOR 2nd & 3rd
- TROPHIES FOR 1st

BBQ
£5 PER PERSON
vegetarian chilly, chips,
lads and other options
available.



Get a chance to throw waterlogged sponges at your instructor.

HTML Code Fragment

BBQ TICKETS £5 per person

HTML Code Fragment

<form name="annual" action="

ENTRY TICKETS £1 per non-participant over 18 months

HTML Code Frag

MAKE A DONATION

(Please do not make payment of the sponsorships/donations you have raised through this means!)

HTML Code Fragment

<form action="https://ww