



UMAC 2023 Kick-A-Thon & Championship

April 29th 2023



Our Kick-a-thon is our annual fundraiser where students do a thousand kicks between their classes and the event to help raise money to support LLS (Leukemia and Lymphoma Society) and the National MS Society (Multiple Sclerosis)



Come and take part in the 2023 UMAC Championship, where students from 4 yrs old to adults compete in a fun and action-filled event that promotes the values of Taekwondo and UMAC.

Students can compete in:

- Dragons Parkour
- Forms
- Breaking





UMAC 2023 Kick-A-Thon & Championship Schedule!!



9-9:30: Check-in

9:30-10: Welcome speech, introduce all vendors and booths, why speech, masters demo

10-10:30: Kicking!

10:30-11: Leadership team demo, announce and give medals for those who raised individually the most \$

11-12: Activity booth, practice for the championship (leadership preps for the championship)

12-12:30: Dragons Parkour

12:30-2:30: Forms/breaking Competition

2:30-3: Medal ceremony, wrap up and announce the total raised, thank sponsors, volunteers, and vendors

Parents! We would love your support! We will be hosting a bake sale and activity booths for participants throughout the day and would love some UMAC family volunteers. If you can volunteer your time, a gift for our annual raffle, or support from a local business, UMAC and LLS would greatly appreciate your involvement! Please email or speak to Master Glaab if you are interested in assisting with our event as we fundraise for a great cause!

