

## Punch & Kick-a-Thon 2010 Photos



TW staff Ryan and John welcome families at registration.



Yellow Belts awaiting instructions.





One of many middle punches.



Julian and his mom Michelle work their abs.





Carolyn smiling and punching.



Larke's powerful Kiai!



Parents stand ready to begin an intense workout.





Jacob collects his raffle prize.



Lucia executes her back fist.





Juniors enjoy pizza and a magic show at their reward party.



Sophie kicks high.



Sara's palm heel.





Jun Shihan Nancy leads hook kicks.



Adapted Seido Karate students perform their demo.





Junior Black Belts perform their demo.



Trophies, one of the many rewards of Punch & Kick-a-Thon.