**Sample Email Templates**

**Subject line: Help support my karate’s school’s mission-driven work**

Dear Friends,

As you know, I have become a devoted martial artist. I am celebrating this new path by raising $1,250 for my karate school, Thousand Waves.

I am doing this to thank Thousand Waves for putting me on the path to health and fitness and helping me develop the confidence that has helped me take on all sorts of challenges, both physical and mental.

Thousand Waves has been active for almost 40 years and has made a positive impact on the lives of thousands of adults and children. In additional to providing training in traditional martial arts, they run Adapted Seido Karate (ASK), a program for youth with disabilities, and provide Self-Defense/Violence Prevention programming all over the city of Chicago.

You can learn more about Thousand Waves at their web site: www.thousandwaves.org.

Please help me celebrate my martial arts practice by thanking Thousand Waves and helping support their mission-driven work fostering fitness, healing, empowerment, and peacemaking. You can make a donation at my web page here: {Insert a link to your personal webpage here}

Thank you for your consideration,
{Insert your name}

**Subject line: Help support my child’s karate school**

Dear friends,

As you know, my daughter {insert name here} has started training in karate at a school called Thousand Waves. In {insert month} she tested for the rank of {insert color}. She has become stronger and more confident by the week. I am so proud!

More than the physical skills, Thousand Waves teaches children a variety of important lessons. Kids learn to be courageous and try new things; they learn what it is to have ‘non-quitting spirit’, to work hard and apply themselves “100% in all situations,” even when things get hard. They learn to be kind and show respect to their classmates, their family, and their teachers.

In this troubled world, we know it is important that kids continue to learn the importance of respect and to learn how to resolve conflicts peacefully, “without raising a fist in anger.” When children have conflicts, the teachers and staff model for them nonviolent ways of resolving conflict. At Thousand Waves children learn to use their voice to say what they need and they practice respecting the needs of others. Thousand Waves staff also works with youth and teens in their programs to give them strategies against bullying.

Thousand Waves also operates a scholarship program, which directly supports children and adults all across the city who can’t otherwise afford to, to train in karate and take their self-defense workshops and courses.

I hope you’ll support this important work. Thousand Waves is a non-profit organization that survives because of the commitment of its members and allies, and these events are part of its once-a-year Spirit Challenge Fundraiser. I’m asking you to support me and support Thousand Waves by making a donation on behalf of {insert child’s name}. It’s easy to do. Just click here {Insert a link to your personal webpage here}, which is our fundraising page, and go from there.

Thanks for your support,

{Name of Adult}