Sponsor me for the Center for Anti-Violence Education's Annual Punch-a-thon!

What's CAE? CAE teaches self-defense and martial arts to women, children and LGBT individuals who otherwise would not be able to afford classes, and has been teaching violence prevention to the communities who need it most for over 30 years. We have a bedrock commitment to low-income communities: survivors of abuse and teens can take classes for free. All other programs are offered on a sliding fee scale, and we offer free childcare.

CENTER FOR ANTI-VIOLENCE EDUCATION

What's a Punch-a-thon? Similar to a walk-a-thon, we're having a PUNCH-A-THON to raise money to continue this work. We will learn martial arts punching and self-defense techniques as we punch for peace, strength and CAE! You can sponsor me for any amount of money, say 5 or 10 cents a punch, or you can donate a flat contribution. Either way is great. Your contribution is tax-deductible and receipts are available. You can also sign up to punch, and get sponsors, too!

Test my determination—sponsor me by punch!

	250 punches	500 punches	750 punches	1000 punches
5 cents	$12.50	$25.00	$37.50	$50
10 cents	$25.00	$50.00	$75.00	$100
15 cents	$37.50	$75.00	$112.50	$150

Or make a flat-rate contribution:

Grasshopper Level:	$25	Spinning Back Kick Level:	$100
Palm Heel Strike Level:	$50	Flying Side Kick Level:	$250
Front Kick Level:	$75	Sensei Level:	$500

Sponsor's name	Address (incl zip)	Amount Pledged	Amount collected	Cash/Check/ On-line	Date collected

Contributions can be made via check (made out to CAE or The Center for Anti-Violence Education), cash, or online at www.caeny.org. When making contributions online, click on "donate now" and sponsors should then type "Punchathon" in the Designation Text Box.