I.S.M.A.A PUNCHING MARATHON

Please sponsor me_____

The punching marathon is the ultimate test of skill and physical endurance, and I am one of over 60 students who will be taking part in a relay event where our goal will be to punch our "Slam Man" electronic punch bag continuously in each lesson during w/c 19th July 2010.

All proceeds raised will go to the squad fund.

Please sponsor me to take part in this event and help me exceed our target of 70,000

Please return your sponsorship forms to your instructor by Tuesday 20th July. Thankyou

Full Name	Home Address	Amount per punch or total amount	Date paid
Total punches		Total	£