

What good are the martial arts if they are only about punching, kicking, and grappling? The last thing our planet needs is another punch thrown in anger, another grenade tossed, or another missile launched. Kung fu is about spirit, self-awareness, strong communities, and compassion for others.

Silent River Kung Fu's Break-A-Thon fundraising project is an important aspect of our intelligent curriculum that teaches empathy through raising awareness of social issues and how they affect everyone.

STUDENT NAME: _____

MAXIMUM OF 10 BREAKS PER STUDENT. OUR GOAL IS TO RAISE \$100/STUDENT			
ΝΑΜΕ	PHONE #	\$/BREAK	ΤΟΤΑL
STUDENT TOTAL:			

All proceeds raised are forwarded to the Silent River Benevolent Foundation, a non-profit organization for charitable purposes registered in the province of Alberta. For more information visit www.silentriver.org.





The Silent River Benevolent Foundation: A non-profit society registered in the province of Alberta. The Foundation is organized and operates for charitable purposes focusing on raising public awareness of global issues through the Chinese Lion Dance and project-based leadership. We improve our world through community initiatives based in Stony Plain, Spruce Grove, Onoway, Parkland County, and Lac Ste. Anne County. www.silentriver.org



Northern Lights Wildlife Wolf Centre: Promotes wolf conservation throughout the natural environment. The centre's goal is to educate the public about wolves as a keystone species through interpretive talks and interactive school presentations/field trips about wolves. Wolves are integral for maintaining a healthy balance and preventing an ecosystem from collapsing or dramatically changing. http://www.northernlightswildlife.com/



SCARS - Second Chance Animal Rescue Society: SCARS is a no-kill rescue organization that primarily takes in animals who are slated for euthanasia at municipal pounds. SCARS actively works within communities to promote responsible companion animal guardianship. This includes promoting spaying and neutering, vaccinations, micro chipping, and training. www.scarscare.org



Healing Hands: One of the initiatives we are very proud of is this Katmandu/India project. Each year we help Rahul Bharti make a difference in the world. We have fed 1000 homeless individuals in impoverished Katmandu, Nepal and we have funded eye surgeries in India. We plan to do it again this year with your support.