



2010 Alpha – Omega Martial Arts Sports Award



From The KI Board Of Shihan Perdaris:



The 2010 program is about to start. I will be acting as chairman / liaison once again. In the past I have headed the Presidential Sports Award For Martial Arts Program - AAU and the PALA (Presidential Active Lifestyle Award) programs since 1994.

What is The Alpha – Omega Martial Arts Sports Award Program? This award program is designed to motivate and reward individuals to become more physically active throughout their life. It emphasizes regular exercise on a consistent bases rather than performance against other individuals.

Qualifying Standards. Available for all ages. The criteria should be fulfilled within a three-month period. Exceptions will be made only for such things as (but not limited to) injury, illness, or individual medical history, and must be briefly explained when the participant applies to receive an award.

Here is what you can get: A certificate of achievement personalized with your name. A 2010 Alpha – Omega Martial Arts Sports Award dress lapel pin and/or patch. Patch may be worn on your uniform.

- #1. Program starts **Feb 1st, 2010** Program ends **May 1st, 2010**
 - #2. Obtain an application from one of our Omega schools, our web site, or e-mail me at Perdaris@aol.com
 - #3. Review (you fill out all forms) the requirements with one of our instructors.
 - A. Must have total of 35 hours of training in this three-month time span.
 - B. No more than 1 hour per day credit. Includes all our Omega programs.
 - C. 15 of the 35 hours must be in class under Black Belt supervision (honor system).
 - #4. Fulfill requirements and return the form for review and signature to school head if requirements have been met. Make a check (families can write one check) payable to Shihan P. M. Perdaris Ph.D.
 - #5. When all paperwork is in order it will be given to me (**no later than May 15th, 2010**) for final review, approval and signature. **No late entries will be accepted.**
 - #6. A special presentation will be made for all that qualify. (Approximately within 30 days after program closes **Pins and patches are in stock.**)
- Any questions? You may contact me at 303-841-8321, E-Mail - Perdaris@AOL.Com
Name as it will appear on your certificate (Must be typed)

_____ Age ____ Sex M F

Address _____ City _____ State _____ Zip _____

Phone # _____ Cell # _____ School Location _____

Circle One: I would like the certificate, patch & pin \$20 Certificate and patch \$15
 Certificate and pin \$15 Certificate only \$10 Extra pins or patches \$8 Each



