



AUSSIE KARATE KID SUPPORTING THE CHILDREN'S HOSPITAL AT WESTMEAD

Hi my name is Chris.

You may have already seen me on television or recent news paper articles, if not you may visit me on my web site to find out more about my life changing experience and fund raising event for The Children's Hospital at Westmead.

Through my seven year Karate journey I have set and achieved many goals by staying focused, training hard and surrounding myself with people who have helped and supported me a long the way.

I now request your help and support in the form of a tax-deductible donation for my latest goal and challenge ahead, of raising funds for The Children's Hospital at Westmead.

Funds raised will assist The Children's Hospital at Westmead in helping make sick kids better

You can do this by clicking on the 'The Children's Hospital at Westmead' fundraise button on my homepage.

I would appreciate if you would pass this information onto your friends and family. Thank you for your support.

The Children's Hospital at Westmead Endorsement Number 516/1109

Aussie Karate Kid proudly sponsored by Zett Sports



www.aussiekaratekid.com.au

AUSSIE KARATE KID

CHRIS' STAY SAFE TIPS

- Avoid walking alone whenever possible
- Always be aware of your surroundings
- Do not be afraid to yell out for help if confronted
 - Avoid unlit areas after dark
 - Avoid shortcuts after dark
- Avoid people and places which make you feel uneasy
 - Avoid wearing headphones when walking around
 - Be aware of potential hiding spots for attackers
- If followed by a car or another pedestrian be alert and go to a public place for help
- Do not assume that lit areas or daytime areas are safe or that it is less likely to be attacked.



Chris' aim is to create awareness and help other kids avoid the situation he faced when travelling home from school on the bus.

