



Fight with Insight *Giving Inner City Children a Fighting Chance"*



For the Gym:

- Signage
- Boxing gloves
- Skipping ropes
- Water bottles
- Stereo system
- Punching Bags
- Treadmill
- Lifting equipment
- Medicine balls
- Corner towels
- Lockers
- Hand pads
- Equipment bag
- Pear ball
- Scale
- Head Gear

Operational items:

- Bread
- Morevite
- Fruit
- Peanut butter
- Cleaning Materials
- Toilet paper
- Paper cups
- Plastic spoons
- Kitchenware
- Microwave
- First aid kit and equipment
- Printer
- Printer paper
- Stationary
- Desktop PC
- Laptop

For the Children:

- Tracksuits
- Vests (red/blue)
- Shorts (Black/white/grey)
- Socks (Black/white/grey)
- Training shoes
- Hand wraps
- Mouth guards
- Water bottles
- Reading books
- Textbooks
- Ruled Workbooks
- Pens & pencils

Special projects:

- Learnerships
- Bursaries
- Mentoring
- Room renovations
- Paints
- Grey School Trousers
- White school shirts
- School Shoes
- Uppercut pad
- Music system