



eNews

OUR MISSION: BUILDING COMMUNITY THROUGH MARTIAL ARTS

UPCOMING EVENTS

WEAPONS GRADING
FRI 17 DECEMBER

KMAA CLOSED
THURS 23 DECEMBER

KMAA OPENS FOR 2022
THURS 6 JANUARY

BELT EXAM: TIGERS
FRI 21 JANUARY

BELT EXAM: DRAGONS,
CADETS & ADULTS
FRI 28 JANUARY

PINK MONTH UPDATE

This month we celebrated **PINK MONTH** at KMAA, raising money for the Cancer Council ACT. KMAA is excited to announce that our generous community has raised **\$597**.

This money will go towards the Cancer Council's research, prevention and support services in the ACT. Thank you to everyone for your donations, dress-ups, energy and support during November.



Such a phenomenal effort- we look forward to supporting the Cancer Council ACT again next year!

2022 TIMETABLE

We have now released our 2022 class timetable, available here: www.kmaa.com.au/timetable

The changes include:

- The return of our **Sparring** class
- A dedicated time for **Weaponry** students
- The introduction of a beginners **Tigers** class on Thursdays at 4:30pm

Please contact reception if you need to change class times for 2022. If your class has been removed, we will contact you to offer alternate classes.

HOLIDAY CLOSURE

Our final day of classes for 2021 will be **Wednesday 22 December**. KMAA will re-open for classes on **Thursday 6 January 2022**. It has been great returning to training to finish off 2021.

Fortnightly billing will continue unless you advise reception you will be away. Students who continue billing over the closure are welcome to book **make-up lessons** for missed classes.

We wish our community a wonderful and safe holiday season, and we look forward to kick starting 2022 with you all!

STUDENT OF THE MONTH

A big congratulations to Karman, our November Student of the Month.

Karman has excelled in fitness and flexibility in the Black Belt Intensive Class this month.

'I have been learning taekwondo for the last 12 years it has been a way for me to relax and be more focused. It has also helped me keep a healthy routine while progressing to the next goal.'
- Karman



INTERESTED IN TRYING OUT COMPETITIONS?

Ever wondered if competitions are for you? Or perhaps, how they could help you develop your skills?

Most competitions allow entries at any belt level and age.

No matter what stage you are at in your Taekwondo journey, setting a clear goal like entering a competition is a great, fun, and rewarding way to push yourself to the next level and be part of a team.

Every year, there are a number of Taekwondo competitions across the country that KMAA students and instructors participate in - in events such as Poomsae (patterns), Sparring and Self-Defence.



Regardless of the outcome, participating in a competition is one of the best ways you can challenge yourself to develop your skills and refine your technique.

If you are interested in trying out a competition or have questions about how it works, please speak to Miss Georgia, and we will try to find the right one for you!

ANTHONY'S STORY

KMAA student Anthony achieved his Black Belt in July 2021. Anthony has written a [blog post](#) about his martial arts journey living with Parkinson's disease.

"I was very happy with the approach to the situation by the Korean Martial Arts Academy (KMAA) so I went with them. KMAA met all of my criteria. There are a couple of hundred students that train at KMAA each week in a fit for purpose, well equipped, dedicated facility."



Thank you Anthony for your kind words! You can find Anthony's article at www.eclecticantics.com

BLACK BELT PHOTOS

Congratulations to our Black Belt students who graded to their new belts in July! You can now find your photos in the members section of the website.

