



eNews

OUR MISSION: BUILDING COMMUNITY THROUGH MARTIAL ARTS

UPCOMING EVENTS

WEAPONRY GRADING
SAT 19 JUNE

POOMSAE TRAINING SESSION
SAT 26 JUNE

SPARRING TRAINING SESSION
SUN 27 JUNE

KMAA OPEN DURING ACT SCHOOL HOLIDAYS
MON 28 JUNE - FRI 9 JULY

COLOUR BELT EXAM: TIGERS
FRI 9 JULY

COLOUR BELT EXAM: DRAGONS, CADETS & ADULTS
FRI 16 JULY

BROWN BELT EXAM
FRI 23 JULY

COMPETITION: POOMSAE
SAT 24 JULY

COMPETITION: SPARRING
SUN 25 JULY

♥ FAREWELL ABBEY, WELCOME NATASHA! ♥

We are proud and excited to announce that **Ms Abbey** has been offered a position with a consulting company from July.

Sadly, this means Ms Abbey will be leaving her KMAA role. Ms Abbey has been a professional, hard working, dedicated, and integral part of the KMAA team for the past 2 years. Thank you for everything Ms Abbey, you will be greatly missed.

We wish Ms Abbey all the best for her new role, and hope to still see her training towards her next belt! (Or joining the Instructors for the occasional 'ice cream Friday'!)

We would also like to welcome **Ms Natasha** to the KMAA team, who is training in reception.

Ms Natasha is a fourth year university student studying law and business, and has a wealth of leadership and volunteering experience.

Please join us in welcoming Ms Natasha, and saying farewell to Ms Abbey over the next few weeks!



SPARRING TRAINING SESSION WITH REFEREE DENZIL RAY

Thank you to International referee **Denzil Ray** for running our sparring class through the rules and requirements for competition sparring.



Fun facts

- World Taekwondo sparring competitions now operate on an Octagonal court, not a square court!
- If you take three steps back away from your opponent in a sparring match, you are penalised.
- If there is five seconds without movement (kicking or punching) in a sparring match, both players are penalised.



STUDENTS OF THE MONTH

Every month our Instructing Team select two students who have improved their skills, shown dedication and demonstrated martial arts values.

Congratulations to our May Students of the Month, Miss Shea and John.

'KMAA is an amazing environment. I am always learning new things.' - Miss Shea



PINK BELT PROJECT SURVEY RESULTS

The **Pink Belt Project** has released results from their recent survey of over 400 female martial artists, including students at KMAA.

They found that **95 per cent** of all survey respondents experienced high or moderate improvements in **mental health** (stress, anxiety, depression) through involvement in traditional martial arts, and **95 per cent** experienced high or moderate improvements to their **confidence and self-esteem** as a result of their martial arts training.

This research supports the findings of international studies on the **empowering effects** of training in the traditional martial arts for women.

KMAA is proud to be part of the Pink Belt Project, through offering two **Pink Belt Scholarships**, in 2020 and 2021 to women in need.

Pink Belt Scholarships provide one year of free training for women healing from the trauma of domestic abuse or sexual assault.

This research validates the work of the Pink Belt Project; with its purpose to improve access to martial arts for healing, health, wellbeing and growth.

You can read more about this study here: pinkbelt.com.au/pinkbelt-survey

Source: PinkBelt Project, (2021). *PinkBelt Survey: Exploring opportunities for healing, health and wellbeing for women through Traditional Martial Arts.*



KMAA COMPETITION REMINDER

Students of all belt levels from Dragons to Adults are encouraged to participate in our friendly competition!

Please register your entry through reception.

Practice sessions

Poomsae (Patterns / Forms)

Saturday 26 June,
12:30pm - 1:30pm: Colour Belts
1:30pm - 2:30pm: Black Belts

Sparring

Sunday 27 June, from 10:00am

Competition dates

Poomsae (Patterns / Forms)

Saturday 24 July, from 1:00pm

Sparring

Sunday 25 July, from 9:00am



CONGRATULATIONS!

Congratulations to our students who have recently graded to their new belts in our June colour belt exams!

Photos are available on our website:
www.kmaa.com.au/members

