



eNews

BUILDING COMMUNITY THROUGH MARTIAL ARTS



UPCOMING EVENTS

KMAA PHOTO SHOOT -
9 AUGUST

COLOUR BELT EXAM -
23 AUGUST

GRAND MASTER CHO GRADING -
22 SEPTEMBER

CONGRATULATIONS TO OUR NEW BLACK BELTS

A big congratulations to students who achieved their new belts at the Black Belt exam on Friday 26 July.

4th Dan Black Belts: Club level
Kay, Scott

3rd Dan Black Belts: Club level
Man, Patrick

2nd Dan Black Belts: International
Jennifer, Stephen

2nd Dan Black Belt: Club level
Shubhkarman

2nd Poom Black Belts: International
Anisha, Nathan

1st Dan Black Belt: International
Siddhartha

1st Poom Black Belt: International
Annika

1st Poom Black Belts: Club level
Callum, Kayan, Olivia, Shea, Zoe

We also extend our congratulations to **Michelle** (5th Dan) and **Zoe** (4th Dan) that graded at KMAA from interstate.

Photos are now available from the members section of our website.



INCORPORATING YOUR FEEDBACK

We welcome and appreciate your honest feedback on our programs. Over the past month, we have spoken to many families about what is working well, and what can be improved.

We are incorporating your suggestions into our programs and processes. Here are some of the differences you'll see in our classes:

1. Greater focus on **respect and discipline**
2. More **sparring** in our programs, introducing basics of sparring earlier- in a safe manner
3. Making patterns / forms more **engaging**
4. Ensuring students **earn** their stripes and belts, demonstrating effort and ability, not simply based on attendance

We have also started to transition our Friday 4:45pm - 5:30pm Family class from a beginner level to advanced to provide an option for more advanced students who would like a challenge.

Thank you to those who provided feedback. If you have anything to add, or we missed you, please get in touch with your suggestions. You can email us at contact@kmaa.com.au

RESPECTING BELTS



Our belts show our level of skill, achievement and commitment to our martial arts. They should be worn with pride and always be

treated with respect. When you or your child have finished class, fold or roll your belt carefully. Belts shouldn't be thrown or left on the floor, played with or used for skipping.

WELCOME MISS ABBEY & MISS DEE

We welcome two new receptionists to KMAA. Miss Abbey- an ANU student and former hockey coach, and Miss Dee- a 4th Dan Black Belt at KMAA. Miss Abbey and Miss Dee are both passionate about helping students on their martial arts journey- with a smile!



PENCIL ROLLING: EARLY SKILL BUILDING



Our Tigers class thoroughly enjoy pencil rolling across the crash mat. Not only a fun activity, this technique is the first step of teaching our students how to break-fall and roll.

Learning how to fall safely is a **valuable skill** in martial arts. Practising falling can develop muscle memory, to ensure students land safely without injuring themselves.

Rolling away from the noodles teaches students quick **reaction skills**. As students progress to the Dragons or the advanced program, students build on this skill, learning how to fall safely and move away from an opponent quickly.