



BUILDING COMMUNITY THROUGH MARTIAL ARTS

UPCOMING EVENTS

LAST DAY AT KMAA
FOR 2019

SAT 21 DECEMBER

KMAA 2020 PROGRAM
COMMENCES

TUES 7 JANUARY

KMAA AT BUNNINGS
BELCONNEN

WED 15 JANUARY

KMAA 'HER
CANBERRA' GET
ACTIVE ADULTS CLASS

TUES 28 JANUARY

BLACK BELT GRADING

FRI 7 FEBRUARY

WOMEN'S BLACK BELT
TRAINING

SAT 8 FEBRUARY

LEAVE US A REVIEW!

Enjoyed your classes at KMAA in 2019? Why not leave us a review on our Facebook and Google page.



FAREWELL AND GOOD LUCK MR MAN

KMAA would like to wish Mr Man all the best for his new journey at the Australian Defence Force Academy in 2020.

Mr Man started as a student with us in 2009, and began instructing in 2014.

When asked why he chose to be an instructor, Mr Man said that he wanted to follow in the steps of his instructors who were his **role models**.

"Being an instructor means that I can do something **meaningful**. I get to have an impact on people's lives." - Mr Man.



Mr Man is an integral part of our instructing team. He has taught all students, from our Pandas to our Cadets class. His **patience with students and attention to technique** has helped so many students over the years.

We wish him all the best and he will be greatly missed!

CONGRATULATIONS BELT EXAM STUDENTS!

Congratulations to students who achieved their new belts last Friday night.

You can access photos from the member's section of our website:
www.kmaa.com.au/members

Our next belt exam will be in February 2020.



HAPPY HOLIDAYS FROM KMAA

KMAA would like to thank all our students, parents and staff for a fantastic 2019. We wish you a wonderful and safe Christmas break and New Year.

We have implemented many **program enhancements** in 2019, and we are looking forward to ensuring that KMAA 2020 is another **fantastic year** for all students.

In 2020, we are looking forward to more community involvement, intermediate level classes for Tigers and Dragons students, and **more online resources** to further support our students.

While KMAA is closed for the Christmas break, students can **continue to practice** Taekwondo at home.

Some ideas for practice are:

- Forms and patterns
- Blocking techniques
- Stances and kicking
- Breathing exercises

We have **online resources** on the KMAA YouTube and Facebook page from our Instructing team. These videos are **easy to follow along to** and perfect for practice at home.



If you have a request for an video, please let us know.

Follow this link to our Youtube channel to find our video resources:
<http://bit.ly/2Z6exi0>

We look forward to kick-starting 2020 with you from Tuesday 7 January.



BUNNINGS VOLUNTEERS NEEDED

Join the KMAA Team at Belconnen Bunnings Warehouse on **Wednesday 15 January** to sell sausages, cook sausages and spread the word about KMAA to the Belconnen community!

There will be opportunities for students to **demonstrate** their skills to the local community.

RSVP to reception- any length of time is appreciated!



BOARD BREAKING AND OBLITERATING THINGS: IT'S SIMPLY PHYSICS, RIGHT?

Written by Kay Millican, 4th Dan Black Belt

Students often ask how I seem to break things so easily, what my secret is.

I've got a few "secrets" when I think about it, but basic physics makes up the core, so I guess it's hardly a secret at all (stop yawning– physics rocks, especially when accompanied by the smashing sound of a board being obliterated).

In physics, $\text{force} = \text{mass} \times \text{acceleration}$. That means to generate more force, you have to manipulate both your mass and your acceleration.



There are lots of ways to do this – I'll share some of the ways I use with you in the extended writing piece.

Follow this link www.kmaa.com.au/resources to our website for more detail about the awesome art (and fun) of breaking.