



eNews

OUR MISSION: BUILDING COMMUNITY THROUGH MARTIAL ARTS

UPCOMING EVENTS

BELT EXAM: TIGERS
FRIDAY 22 JULY

SELF DEFENCE SEMINAR
SATURDAY 23 JULY

BELT EXAM: DRAGONS, CADETS & ADULTS
FRIDAY 29 JULY

ONE-ON-ONE LESSONS
SATURDAY 13 AUG

BELT EXAM: TIGERS
FRIDAY 19 AUG

BELT EXAM: DRAGONS
FRIDAY 26 AUG

BLACK BELT GRADING PREPARATION DAY
SATURDAY 27 AUG

TAEKWONDO WEEK
29 AUG - 3 SEPT

BROWN BELT TRIAL EXAM
FRIDAY 2 SEPT

KMAA SPRING COMPETITION



We are excited to announce we will be hosting a friendly competition this Spring, following the success of our Winter competition last year.

The competition will be aimed at students 8 years and over (and Intermediate Tigers), and we welcome students of all belt levels- beginner to black belt!

Saturday 22 October: Poomsae (Patterns / Forms) - 1:00pm – 6:00pm
Sunday 23 October: Sparring - 9:00am – 3:00pm

We are setting the date early so our students have plenty of time to train towards this competition. Our competition information pack and registration forms are now available [here](#).

If you or your child are interested in this competition, we would strongly recommend they attend the following weekly classes:

- **Tuesdays 6:45pm-7:45pm: Sparring**
- **Wednesdays 6:00pm-6:45pm: Poomsae**

Please contact reception to book into these classes.



PANDAS & TIGERS COMPETITION

Saturday 5 November, from 1:00pm



We will also be holding an exciting competition for our **Pandas and Tigers** students to get involved, and show off their skills in kicking, deflections, and weaponry!

Save the date in your calendar, and we will provide more details soon.



STUDENTS OF THE MONTH

A big congratulations to our superstar June Students of the Month, Carys and Susannah.



Congratulations Carys!

"I like the challenge of learning self defence, the staff are friendly and helpful. It's always fun!"

- Carys

"I really enjoy the classes. They're challenging, great for fitness and lots of fun. The instructors have great skills and the other students are friendly and supportive."

- Susannah



Congratulations Susannah!

ONE-ON-ONE CLASSES

In the school holidays, we trialed 30 minute **one-on-one private classes**, which were a great success!

Our students loved having dedicated time to work with our experienced Instructors on patterns, weaponry, kicking techniques and self defence.

We will continue to offer one-on-one lessons with our Instructing Team on a monthly basis, with the next sessions on **Saturday 13 August**.

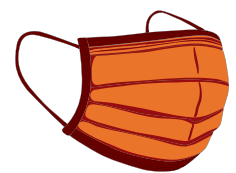
Please contact Ms Georgia to book into a one-on-one class.



STAYING COVID SMART

With the increasing COVID-19 numbers in the ACT, we would like to remind all visitors to KMAA premises to follow our **COVID-19 Safe Plan**.

We strongly encourage students and visitors to wear **face masks** at KMAA.



SCHOOL HOLIDAY PROGRAM

Thank you to everyone who participated in our school holiday program and/or private lessons!

We had a great turnout of 25 people for our group session which was a mix of all ages, and around 20 who booked in for private lessons!



For the September school holidays, we plan to have:

- Private lessons
- A multi-day program for ages 8 and above, which will include workshops for: kicking, sparring, poomsae (patterns/forms), self-defence, and weaponry.
- A session for Pandas and Tigers students with a mix of activities.

September dates will be announced soon, but you are welcome to register your interest now!