



# eNews

OUR MISSION: BUILDING COMMUNITY THROUGH MARTIAL ARTS

## UPCOMING EVENTS

BLACK BELT TRIAL  
EXAM

FRIDAY 24 JUNE

KMAA OPEN  
THROUGHOUT SCHOOL  
HOLIDAYS

MON 4 - SAT 16 JULY

SCHOOL HOLIDAY  
SESSION

TUESDAY 12 JULY

BELT EXAM: TIGERS

FRIDAY 22 JULY

SELF DEFENCE  
SEMINAR

SATURDAY 23 JULY

BELT EXAM: DRAGONS,  
CADETS & ADULTS

FRIDAY 29 JULY

WINTER COMPETITION -  
8 YEARS AND ABOVE

SATURDAY 20 AUGUST -  
SUNDAY 21 AUGUST



## MS AARUSHI'S RATION CHALLENGE

*Written by Ms Aarushi, KMAA Lead Instructor*

Did you know that more than **100 million people** have fled their homes worldwide because of conflict or disaster?

To raise awareness and funds for the **refugee crisis** around the world, this year I will be taking part in the **Ration Challenge**.

For the five days of this challenge I will eat the same ration pack a Syrian refugee living in a camp in Jordan would eat. This is around 1.3kg of food that consists of small amounts of rice, lentils, flour and a few other items.

I kindly request you click the link below to find out more about this global issue:

<https://actforpeace.rationchallenge.org.au>

If you are able to **sponsor my efforts**, all the funds will go towards providing meals, healthcare and other vital resources to those in need all around the world.

I will be taking part in this challenge from Monday 20 June to Friday 24 June, if you would like to sponsor me please visit this link: <https://schools.rationchallenge.org.au/aarushi-r>

Thank you for your support!  
- Ms Aarushi

REFUGEE FOOD RATION		
1 WEEK SUPPLY		
Quantity	Product	الكميات
420g	Rice	أرز
120g	Lentils	عدس
60g	Dried Chickpeas	حمص جاف
120g	Tinned Sardines	سردين معلب
400g	Tinned Kidney Beans	فاصوليا معلبة
1	Food Sticker - Oil	زيت نباتي
1	Food Coupon - Rice	كوبون طعام - أرز
1	Food Coupon - Flour	كوبون - كرويون
Gross 1.3kg		

## NEW INTERMEDIATE TIGERS CLASSES

Is your Tiger student (5-7 year old) a **Gold Belt** or higher?

They will now qualify for our **Intermediate** Tigers classes.

These classes will challenge and engage students in more advanced drills.

Intermediate Tigers classes are held on:

- Tuesdays 4:30pm - 5:15pm
- Wednesdays 3:45pm - 4:30pm
- Fridays 4:45pm - 5:30pm
- Saturdays 8:45am - 9:30am
- Saturdays 9:30am - 10:15am

Please contact reception to book.



[kmaa.com.au](http://kmaa.com.au)



@KMAACanberra



@kmaacbr

## STUDENTS OF THE MONTH

A big congratulations to our May Students of the Month, Aymara and Joshua.



Aymara is a dedicated, hard working student who shows improvement and commitment every time she comes to training.

Joshua has been listening really well in class and has been very impressive with his willingness to learn, show respect to instructors, and pay lots of attention.



**"I love doing poomsae in competition because you get to meet new people and try your best."** - Aymara

**"I love running"** - Joshua

## SCHOOL HOLIDAY PROGRAM

KMAA is excited to announce that we are running a **School Holiday Program!**

**Group Session**  
**Tuesday 12 July**  
**10:00am - 11:30am**

Available to students and non-students of all ages (so bring a friend!)

Cost: \$15 per person.



Email reception to book:  
**[contact@kmaa.com.au](mailto:contact@kmaa.com.au)**

In the school holidays, we will also be offering 30 minute daytime **private lessons** (before classes start).

**Tuesday 12 July -**  
**Saturday 16 July**

Have an activity in mind to work on in detail with an instructor (eg, patterns or self-defence).

Cost: \$20 for a session.

## SELF DEFENCE SEMINAR

KMAA will be running another **practical self defence** seminar for students and non-members. This is a fantastic opportunity to further develop your self-defence skills.

**Saturday 23 July**  
**2:00pm - 3:30pm**

Cost: \$24 per person

Email: [contact@kmaa.com.au](mailto:contact@kmaa.com.au)



## BLACK BELT TRIAL EXAM

We hope to see all our Black Belt students at the trial Black Belt exam on **Friday 24 June**.

Trial Black Belt exams are important for students of all ranks to perform in an exam situation, demonstrate their skills and gain valuable feedback from our senior leaders.

**6:30pm** - 3rd Poom / Dan level and above  
**7:30pm** - 1st and 2nd Poom / Dan levels