



eNews

OUR MISSION: BUILDING COMMUNITY THROUGH MARTIAL ARTS

UPCOMING EVENTS

BELT EXAM:
DRAGONS, CADETS & ADULTS
FRIDAY 31 MARCH

KMAA CLOSED:
EASTER PUBLIC HOLIDAYS
FRIDAY 7 APRIL
SATURDAY 8 APRIL
MONDAY 10 APRIL

KMAA OPEN
THROUGHOUT
SCHOOL HOLIDAYS
11 APRIL - 22 APRIL

KMAA CLOSED-
ANZAC DAY
TUESDAY 25 APRIL

BELT EXAM: TIGERS
FRIDAY 28 APRIL

BELT EXAM:
DRAGONS, CADETS & ADULTS
FRIDAY 5 MAY

CONGRATULATIONS TO OUR NEW BLACK BELTS!

On 17 March, KMAA hosted a **Black Belt Exam**, and we are thrilled to congratulate the following new KMAA Black Belts:

1st Poom / Dan
Aurelie, Gabi, Kaylin, Zimitra

2nd Poom / Dan
Bethanie, Fenn, Natalia

3rd Dan
Jayne

4th Dan
Tim

5th Dan
Chris
Lena



KUKKIWON INTERNATIONAL MASTERS AND EXAMINERS COURSE

In early March, KMAA's Senior Chief Instructor (Sir) was one of 117 participants in the **Kukkiwon International Masters and Examiners Course**.

You can read more about Sir's experience [here](#).



STUDENTS OF THE MONTH

A big congratulations to our recent Students of the Month. These students were recognised by their Instructors for demonstrating martial arts values, improving their skills, or helping others.

"I like Taekwondo because it's a really fun mix of flexibility and exercise!"

- Henry, Adults class (Dec)

"Taekwondo is lots of fun for learning and exercising at the same time. It has really helped me to focus over my 9 years of training!"

- Elaine, Black Belt class (Feb)

"My favourite thing is kicking. Taekwondo is very good for learning self defence!"

- Emily, Tigers class (Jan)

"I am so happy! Anyone can do martial arts. You just have to work hard and believe in yourself."

- Alyssa, Pandas class (Feb)



"I'm too excited! Punches are my favourite thing to do in class."

- Ewan, Dragons class (Dec)

GRAND MASTER CHO

Sir visited Melbourne in March to meet with **Grand Master Cho**, the highest 9th Dan Taekwondo Master in the world.

Mr Cho is the founder of the Taekwondo Bongsul, Kumsul and Ssangbongsul programs (*weaponry- long sticks, short sticks and sword*), and has conducted Sir's black belt gradings over the years.



KMAA TEAM MEET PINK BELT PROJECT FOUNDER

We were thrilled to meet **Pink Belt Project founder** Kristy Hitchens, who made the big journey to Canberra from Western Australia!

If you'd like to read more about the fantastic work of the Pink Belt Project, visit their website here:

www.pinkbelt.com.au

Kristy shared the Pink Belt Project's vision to **empower women** on their recovery journey by connecting them with martial arts for **healing, health, wellbeing and growth**.

We were inspired to hear that one woman's vision has grown from a single person's idea, to an initiative that martial arts clubs from all states and territories in Australia, and clubs from Canada and the UK now participate in!

KMAA is proud to be part of this initiative, and we have offered Pink Belt scholarships to women in need for **four years** running.

