



eNews

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.



OUR 2020 CLASS TIMETABLE

Our year at KMAA is starting to wrap up, but we are looking forward to what we will be bringing to classes in 2020.

One of these enhancements will be the introduction of **Intermediate classes** for our Tigers and Dragons programs. Classes are currently split into Beginner and Advanced levels, but from 2020 we introduce a middle stage, our Intermediate classes.

By creating classes more specifically tailored to belt levels, students will be challenged and improve skills at their own pace, in a class with students of similar belt and ability levels.

The belt ranking for each level of class (beginner, intermediate and advanced) is detailed on the 2020 class schedule.

If your child is in the Tigers or Dragons program, please review the new class schedule, their belt level, and confirm with reception which class suits you for 2020.

We also introduce an additional Cadets class and Family class in our 2020 timetable to meet the demand for these popular classes.

The 2020 class schedule, incorporating Intermediate classes, has been emailed to our current members, and is available at:
www.kmaa.com.au/timetable

CONGRATULATIONS TO OUR DECEMBER STUDENTS OF THE MONTH

Congratulations to our Student of the Month **Tanush** from the Dragons class, and our Most Improved Student **Adam** from our Adults class.



When asked what he likes best about KMAA, Tanush said "The forms! They are fun and I learnt White Belt form from 1 to 20."

Adam's favourite thing about Martial Arts is the self-discipline, friendship, building self-confidence, and fitness.



PRACTICING BREATHING TECHNIQUES

*Written by Abbey Morris,
Gold Belt, Adults Class*

After three months of training twice a week in the KMAA Adults Class, I've begun to see improvements in my everyday life, fitness, strength and flexibility. Most notably though, I began to use Taekwondo breathing techniques in my daily routine.

Before we begin Poomsae in each class, we must always breathe for five seconds.

Sir teaches us that when we breathe before we begin our Poomsae, we allow ourselves to "get in the zone." Practicing this breathing technique teaches us an important lesson in life. As Sir says, when we take a moment to breathe, we are ready to face any challenge before us.

These past months, I have learnt that breathing ensures power in our movements. When we inhale and exhale during our kicks, blocks and palm strikes, our fatigue is slowed down because we help oxygen to flow to our muscles, allowing them to work for longer.

Try to also challenge yourself every time you stretch! Firstly, stretch as far as you can, then, on the second attempt, breathe in and out to see if you are able to stretch further. This has helped my kicks become higher and stronger.

Another important element that breathing gives us is calmness and ways to control our anxiety or nerves.



I try to practice breathing every day, whether it is at my desk, on the floor or before I sleep. For me, this has helped with calming my nerves, and I use these techniques before my university exams, which has improved my concentration and focus.

This is an important element of Taekwondo that is beneficial to all students and we should try to use it daily.

2019 FEEDBACK

To our KMAA parents and students, we want to hear from **you!**

As we close KMAA for 2019, we have an opportunity to reflect and brainstorm **new ideas** for KMAA in 2020.

What did you and your family enjoy about KMAA this year?

Some other aspects of KMAA to ask yourself or your children about:

- Class schedules
- Class programs
- The KMAA studio
- Community involvement

Have an idea for an external or internal KMAA event? Know any place around the Belconnen area that KMAA should get involved in? Why not let us know! In 2020 KMAA is looking forward to **expanding our community initiatives.**

THE SOUTH KOREAN FLAG - THE TAEGUKGI:

A STORY OF MANY LAYERS

Written by Kay Millican, 4th Dan Black Belt

During gradings, I often look at the Australian and South Korean flags hung side by side.

Growing up in Australia, many of us know a lot about the significance of the British union jack and the Southern Cross constellation on our national flag.

The Korean Flag also tells an amazing story, and every part of it means something, and in some cases many things.



To my mind, it tells a story of a people, their spirit and their beliefs about the world and what makes a virtuous life.

Follow this link www.kmaa.com.au/resources to our website and more detail about the Korean Flag and what it means.