



# EMPOWER ACADEMY NEWSLETTER

April 2024

## TERM 1 ROUND UP

What an epic start to the year for Empower Academy! Wicked fun Beach classes, Mini Kickboxers started, Junior and Adults classes grew, and 22 students successfully graded and achieved their next coloured belt! The fun fitness class is also bursting at the seams – literally! I may be on the hunt for a new venue as we are outgrowing The Vine.

## GET IN TOUCH

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**EMPOWER**  
  
**ACADEMY**





## SELF SAFETY

Empower Academy has been collaborating with IDEA services and providing Self Safety workshops to their service users. Coach Tara had so much fun teaching these ladies the importance of Situational Awareness,

preventative action and self-defense!

Let Tara know if you are interested in a Self-Safety workshop for you, your friends, community or work team – it is an excellent, empowering, must have life skill!



**CONTACT TARA IF YOU WOULD LIKE TO KNOW ABOUT THE NEXT SELF SAFETY WORKSHOP! SPECIAL DISCOUNT FOR EMPOWER STUDENTS!**



# UNIFORM

Once you have settled in and decided that the Empower Academy is the team for you in your kickboxing career it is compulsory to wear the Empower Academy Uniform to every class. This consists of the black empower academy T-Shirt and plain black bottoms (shorts or sports leggings).

We are doing an order for merchandise soon, please get your orders for T-shirts and any other merchandise you may want to Tara by **Monday 8th April**. Please put all orders in writing via email so we can keep track. Please see the Uniform Order Sheet for details.

## Reminders:

1. **Please wear your uniform and belt to every class (Empower Academy T-shirt and Black Bottoms + belt)**
2. **Term 1 Last Class Monday 8th April**
3. **Term 2 First Class Monday 29th April**
4. **The 7pm class (12+ to Adult) - no break**
5. **Thursday Fun Fitness class continues as usual, no break**



## **KICKBOXING FUN FITNESS CLASS!**

ALL LEVELS OF FITNESS  
WELCOME, NO EXPERIENCE  
NECESSARY.

**THURSDAYS 7PM  
@ THE VINE IN GULF  
HARBOUR**

# A MASSIVE

THANK YOU TO ALL  
EMPOWER ACADEMY  
STUDENTS - YOUR  
SUCCESS IS OUR  
WHANAU'S SUCCESS



## GRADING

1. The next grading is Sunday 9th June Manly Bowls Club
2. Confirm and agree with your coaches that you want to grade at least 2 weeks before the grading (by 27th May)
3. Uniform, perfect etiquette and 100% effort required for grading
4. If you want to participate in contact sparring as you progress through your grades you will need to build up a full sparring kit.

