



A YEAR OF GROWTH. A LIFETIME OF IMPACT.

Our martial arts scholarship develops skills, confidence and character – on and off the mats.



TERM 1

FOUNDATIONS Building Confidence & Core Skills

- ✓ Introduction to martial arts etiquette, respect and discipline
- ✓ Learning basic punches, kicks and movement patterns
- ✓ Developing coordination and body awareness
- ✓ Building confidence through structured training
- ✓ Improving focus, listening skills and concentration
- ✓ Learning to work positively with coaches and peers
- ✓ Introduction to controlled sparring in a safe environment

OUTCOMES



TERM 2

DEVELOPMENT Growing Skills & Personal Responsibility

- ✓ Consolidating core martial arts techniques
- ✓ Developing consistency through regular attendance
- ✓ Understanding perseverance and commitment
- ✓ Building physical fitness, agility and stamina
- ✓ Improving communication and teamwork
- ✓ Learning how effort leads to progress
- ✓ Increasing confidence within the training environment

OUTCOMES



TERM 3

PROGRESSION Building Resilience & Self-Belief

- ✓ Developing defensive skills and self-control
- ✓ Learning more advanced combinations and techniques
- ✓ Improving balance, timing and coordination
- ✓ Practising problem-solving under pressure
- ✓ Developing confidence in controlled sparring situations
- ✓ Learning to manage setbacks and keep improving
- ✓ Encouragement to work towards martial arts gradings

OUTCOMES



TERM 4

ACHIEVEMENT Leadership, Progression & Future Growth

- ✓ Refining advanced techniques and combinations
- ✓ Demonstrating improved discipline and self-management
- ✓ Working towards gradings and progression opportunities
- ✓ Becoming a positive role model within the club
- ✓ Understanding leadership, respect and responsibility
- ✓ Celebrating personal achievements and milestones
- ✓ Preparing for continued participation beyond the scholarship

OUTCOMES



THE BENEFITS OF MARTIAL ARTS – ON AND OFF THE MATS

PERSONAL BENEFITS



SOCIAL & COMMUNITY BENEFITS



J-EDO FUND SCHOLARSHIPS USE MARTIAL ARTS AS A VEHICLE FOR PERSONAL GROWTH, CONFIDENCE, RESILIENCE AND SOCIAL INCLUSION, EMPOWERING YOUNG PEOPLE TO DEVELOP SKILLS THAT BENEFIT THEM BOTH INSIDE AND OUTSIDE THE TRAINING ENVIRONMENT.



DISCIPLINE



RESPECT



COMMUNITY



ACHIEVEMENT

HONOURING JAHVON.
EMPOWERING FUTURES.