

SUMMARY

What: Established kickboxing in June of 2019

When: June 2019- Present

Where: Chain studio called ILOVEKICKBOXING @ Colonnade

Personal goals: Found inner strength, gained technique and achieved healthier lifestyle.

Professional goals: Finding an outlet to maintain work and life balance.

Target community: Kickboxers at ILOVEKICKBOXING @ Colonnade

Details: Started kickboxing in order to feel safer, gain technique and achieve both external and internal strength. I will continue this throughout my life.



SPICES

Engaged Living: I developed better time management skills, technique (power & form), and discipline, not only in kickboxing but in all aspects of my life. Kickboxing is my outlet to stress, that I look forward to continuing throughout my life.

HERBS

Support: We each supported one another and lifted up one another by cheering for one another as the rounds got tougher.

Resilience: Stayed committed to learning technique and going four times a week.

LEARNING OUTCOMES

Adaptability & Resilience: After a couple of weeks of constant practice, I perfected my form and in maintaining the right amount of power.

Agency through Accomplishment: My self-confidence increased my ability to defend myself if needed. As well as in being able to be consistent with any exercise practiced.

Self Reflection & Awareness: My group of friends feels safer, knowing that I can defend myself or others if needed. I learned more about my work ethic and that with practice and dedication, nothing is impossible.



IMPACT

Impact on me: Gave a more holistic view on the human body in that it does not only deal with the exterior physique but internal-mental/emotional part of the body.

Impacts on the Kickboxers at Colonnade were the sense of community that this environment played. We all cheer each other on and never compete/ tear down one another. Whether it be DJ theme kickboxing parties at the studio or partner drills, everyone is including/ uplifting one other. I always cheer on my fellow kickboxers whenever the rounds get more complicated.

ADVICE

“Growing up as a dancer, came with a stigma of always having to match a perfect figure. Those expectations faded when I found kickboxing. Every class had different body shapes reaching the same goal: celebrating strength as the new type of beautiful. Kick those body image expectations because strong is the new beautiful. “