

Inside: Step Up to the Challenge
KickStep! starts in May



Dojang Digest

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Kickers Raise Over \$3,700.00

Second Annual Kick Back Against Violence Benefit for SVWIT is a HUGE Success

Kicks Martial Arts for Women's second annual Kick Back Against Violence (KBAV) benefit raised over \$3,700.00 for Susquehanna Valley Women In Transition (SVWIT). Around 100 women participated in the CardioKicks! fitness kickboxing marathon on March 23rd.

"Kicks is dedicated to ending violence against women through martial arts and self-defense training," said Kicks' owner Laura Kamienski, who recently joined the SVWIT Board of Directors.

The three-hour event included beginner, intermediate and advanced level sessions which were taught by CardioKicks! instructors Laura Kamienski and Tish Luckabaugh.

Following the marathon Kicks Tae Kwon Do students held the first KBAV *Board Breaking Bonanza*. Among the breakers was Cristin Kenney of Milton who received an award for collecting the most individual donations. Ms. Kenney collected \$600.00 in pledge money for breaking a pine board using her martial arts skills. Kenny said enthusiastically that breaking a board is "a lot of fun!"



KBAV '02 logo -
Original artwork by Julie Karchmer

Kamienski added, "The support we received from both local businesses and individual sponsors was overwhelming. We would like to thank all of this year's sponsors for their generous contributions. We would especially like to thank **Green Ridge Graphics** in Mifflinburg for doing such a fantastic job with this year's event T-shirt.

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Say "No!" In April by Laura Kamienski

We have a lot of fun in class! We sweat, we laugh, we develop friendships, we yell a lot and we yell LOUD! We yell lots of stuff. One of the things we yell most often is, "NO MEANS NO!" April has been designated as **National Sexual Assault Awareness Month**. I would like to dedicate this issue of the *Dojang Digest* to the serious topic of sexual assault and its effects on all of us.

When we look at statistics we can become removed and distant from the reality of just how pervasive sexual assault is in our lives. It seems so overwhelming that we feel helpless and powerless to stop or do anything about it. Simply by yelling "no means no" in class, we actually *are* doing something about it. We are starting to think about the problem. Thinking about it makes us more aware of it. Awareness is one of the most important aspects of self-defense, and a first step toward finding ways to stop the violence.

There are many misconceptions about rape. Rape is most often thought of as a stranger jumping out of nowhere, attacking a woman walking alone at night in a dark alley. There are many explanations for this perception. One reason is that it is much *easier* to think of rapists as psychopathic monsters who jump out from behind bushes. Although "jumper" attacks do happen, the truth is that sexual assault is usually committed by a known assailant, often-times with whom the victim has an emotional investment. This fact makes sexual assault a very difficult thing for both women and men to deal with or even think about.

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Step Up to the Challenge with KickStep!

So you think step aerobics is boring? Think again! KickStep! has arrived at Kicks Martial Arts for Women.

KickStep has all of the same energy and excitement of CardioKicks! fitness kickboxing with the added cross-training advantages of step aerobics. It's the step workout that's—well—a "step" above the rest. Tish Luckabaugh, certified CardioKicks! and CORE fitness instructor will lead KickStep! on Thursdays at 5:30 p.m. followed by an intense strength training class sure to tone muscles and increase stamina.

According to Laura Kamienski, who developed CardioKicks! using her experience as a professional group fitness instructor and martial artist, KickStep! is another example of Kicks' commitment to providing a complete fitness program.

"Cross-training is so important," said Kamienski. "In order to offer the possibility of the best results, a fitness program must include several components including cardio-vascular and resistance training. It must also provide a variety of activities that work the body in different ways. This helps the body get stronger more efficiently and helps prevent injury. Too much of one good thing can do more harm than good, even if it's exercise," she continued.

Tish Luckabaugh adds, "One of the reasons so many people quit fitness programs is boredom. Kicks offers a combination of fun and exciting workouts designed to keep you motivated while you get fit."

For more information about KickStep! call 523-7777 or log on to <http://www.kicks4women.com/>.



Say "No!" in April-continued from front page.

For a woman, it implies that there's no one she can really trust. For a man, it implies that rapists are just "regular guys" like him. No one wants to live in a world where they can't trust anyone, or in which they think of themselves as potential rapists.

But we must think about rape! And we must think about it as it truly exists. This is the only way we can ever hope to stop the violence.

Sexual assault doesn't only happen to women. Men are also sexually assaulted (especially very young men and boys) though usually by other men. Children are one of the largest and most devastated groups affected by sexual violence. We must teach our children that "no" means "no" and help them to develop skills to stay safe. Children need to understand that there are some things worth fighting for (themselves) and that saying "no" to an adult is sometimes the right thing to do.

Please keep in mind as you look at the staggering statistics on sexual assault that within these large numbers are women, children and men you know. I was raped. I am included in those numbers. Together we can end sexual violence once and for all.

KBAV continued from front page



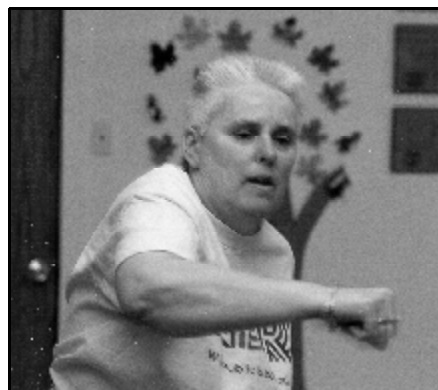
CardioKicks! instructors Tish Luckabaugh and Laura Kamienski taught to a packed house at this year's KBAV benefit.

We would also like to thank our largest corporate sponsors: **AFGE Local 4047, Animal Emergency Center, Sovereign Bank, the International Tae Kwon Do Union** and the sisters of **Alpha Chi Omega Bucknell.**

Proceeds of the benefit will help fund the various programs and crisis shelters that SVWIT offers to women who have been victims of domestic violence and sexual assault.

Kicks students and staff are already busy planning **Kick Back Against Violence 2003**. "Next year will be even bigger and better!" exclaimed Kamienski and Luckabaugh almost in unison.

Lookin' fierce!
Marty Gates,
Executive
Director of
SVWIT, stopped
by to "kick back"
for a while.



"You go grr!!"



Emergency Numbers

Northumberland County (570) 644-4488
Snyder County (570) 374-7773
Union County (570) 523-6482
Toll-free in PA (800) 850-SWIT (7948)

Student Rank Promotions

- Gold Belt - Courtney M., Liz V.F., Christine P. and Heather W.
Orange Belt - Abby C., Rachel C., Esther W., Heather K., and Tish L.
Green Belt - Sabrina K.
Blue Belt - Elizabeth C. and Mary Ann J.
Purple Belt - Chris Y., and Lorraine E.

Recognition Medallion Recipients

- Pre-arranged Sparring - Heather W.
Hyung (forms) - Rachel C.

Congratulations and Welcome to New Students

Donna R. and Renee L.

It takes a lot of courage to begin training in a martial art. You're on your way!

**Keep up the great work.
Next rank test May 18th at noon.**

Instructor News

After an intense year-long mentorship program with top ranking national and international women martial artists and self-defense instructors, Laura Kamienski, head instructor of Kicks Martial Arts for Women in Lewisburg, has been certified as a self-defense instructor through the National Women's Martial Arts Federation (NWMAF).

"This program is the most comprehensive women's self-defense certification program out there. It was an enormous amount of work but well worth it. What a great honor and privilege it was to have the opportunity to train with such incredibly experienced women." said Kamienski.

Sabum Nim Kamienski has been teaching self-defense locally for five years. Her program, Basic Training - Women Learning Self-Defense From the Inside Out, is based on the real life experiences of women and girls. The next twelve-hour course is scheduled to be held at Kicks in August.

Ms. Kamienski has also been selected as one of this year's instructors at Special Training 2002 (ST02), the NWMAF's annual martial arts training camp where hundreds of women martial artists from the U.S. and around the world will participate. She will lead two workshops designed to help martial arts instructors and school owners develop successful fitness kickboxing programs. Kamienski developed CardioKicks! using her experience as a professional group fitness instructor and martial artist. She hopes to be able to help her colleagues develop similar successful programs. ST02 will be held at Hobart and William Smith Colleges in Geneva, New York at the end of June.

basic training
women learning self-defense from the inside out



KICKS
MARTIAL ARTS
FOR WOMEN

August 17th, 24th and 31st
from 2PM to 6PM
Enrollment is limited.
Register now to reserve space:
523-7777

Food, Fun and Friends at Kicks First Annual Awards Dinner

On March 2nd Kicks held its first annual student awards dinner to honor outstanding students in several categories.



Front row from left to right: Cristin K. - Outstanding Technician and Martial Artist of the Year, Courtney M. - Most Improved Girl, Jackie S. - Outstanding Girl Student Leader, Lorraine E. Outstanding Fighter

Back row from left to right: Christine Y. - Outstanding Dedication and Assistant Instructor of the Year, Tish L. - Most Improved, Laura Kamienski - Owner Kicks Martial Arts for Women, Liz V.F. - Outstanding Girl Martial Artist, Sabrina K. - Women's Role Model Award

Not Pictured: Abby C. - Outstanding Junior Martial Artist, Bonnie S. and Michael K. - Supportive Parents Award



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just
wanna
have
fun!**



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women by female martial
artists and fitness
professionals

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- Cardio/Kick! Fitness Kickboxing
- Basic Training Women's Self-Defense
- Qi-Gong

**106 Market St. ■ Lewisburg
523-7777
www.kicks4women.com**

Free uniform with summer enrollment.

Contact Kicks for details. Offer expires July 1st, 2002

MARTIAL ARTS FOR WOMEN
106 MARKET STREET
LEWISBURG, PENNSYLVANIA 17837

