

## **“This Girl Can”**

**Sunday 8 March 2015**

A Karate demonstration was given by one of our clubs on Sunday 8<sup>th</sup> March in Liverpool City Centre as part of Women’s International Day and the ‘This Girl Can’ campaign; see photo. Chief Executive of Sport England, Jenny Price was there and was interviewed by Sky Sport and local TV with our Karate Girls performing in the background. The following message was sent to the club by James McGinn, Active Women Project Manager, Liverpool City Council

“I would be grateful if you could pass on my sincere thanks to all the girls who supported the This Girl Can event on Sunday 8<sup>th</sup> March. The girls were a real credit to your club. They epitomised the true spirit of martial arts; they were courteous, diligent and fearless in their endeavour to show Karate is a lifelong activity which can be practised and enjoyed by all”.

### “Exercise-the Magic Pill”

One of our members, Scarlett McNally, has just produced a report on behalf of the Royal College of Surgeons. Titled ‘Exercise – the Miracle Cure’, it has been widely featured in the press and we hope will inspire not just people to exercise, but doctors to advocate more often exercise in preference to medicines and drugs. Scarlett is a 4th Dan black belt, and her three children are also black belts, so she ‘puts her money where her mouth is’ and speaks with not just medical authority but through the authority of hands-on experience.

### Instructor Qualification

We are looking to possibly team up with a University such as Sheffield Hallam or JMU Liverpool to validate our instructor programme.. We have had a detailed discussion on how our programme can be aligned with the UKCC (the Nationally recognised standard for sports coaching qualifications) with a Sports Coach UK consultant and we are keen to progress this as soon as possible.

### Big Assist

Finally I am pleased to report that our application to Big Assist for further consultancy support to progress the communications and marketing aspects of the Development Plan has been successful.

John Bell

Chair, English Karate Council

