

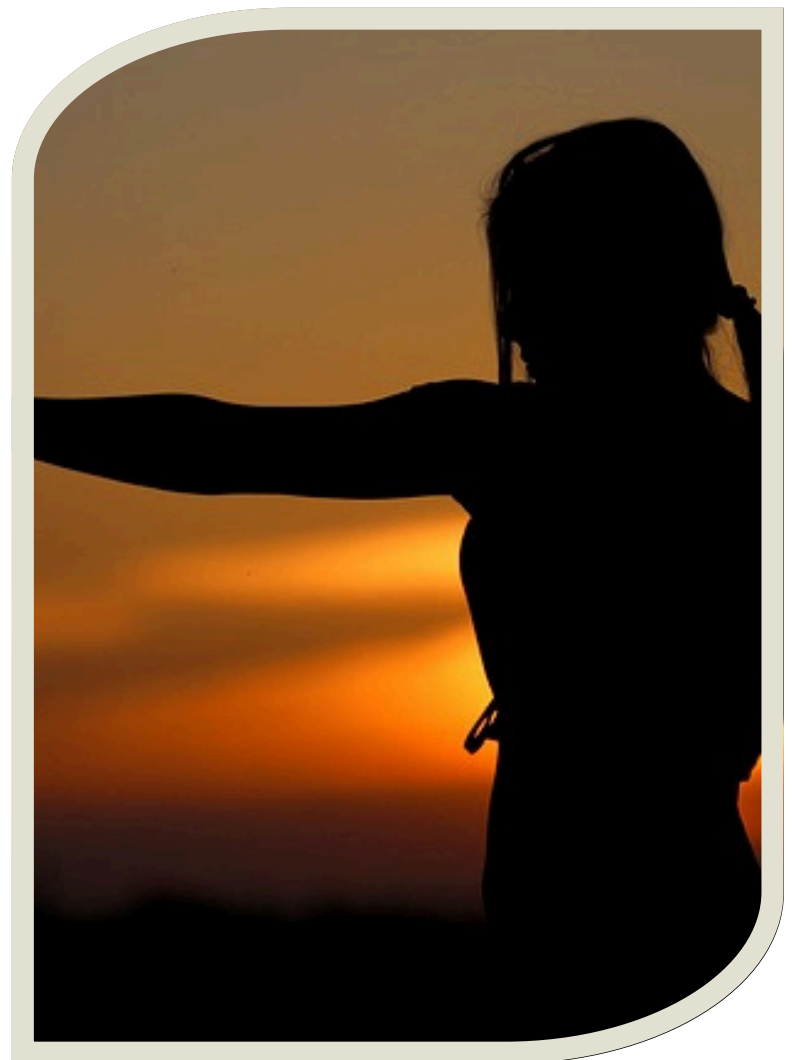


Embracing Confidence: My Jiu-Jitsu Journey with Sensei Sadia

I really enjoyed my time training with Sensei Sadia. I've always wanted to try martial arts, but things like cost, class times, travel and venue locations always got in the way. When this opportunity came up through GOAL, I didn't hesitate. I grabbed it and made the most of it.

Through these classes, I've learned so much about how to protect myself in different situations. I've picked up skills that I never thought I'd have and I'm determined to keep practising and improving. More than that, I've become more confident in myself. I'm more aware of my body, my mind and my overall health. It's been a really empowering experience.

The classes have also made me feel stronger and fitter. I've noticed a real difference in how I move and how I feel day-to-day. It's inspired me so much that I'd love to continue with Jiu-Jitsu and even introduce my younger child to it. I think it would be a great way for her to learn discipline, stay active and build confidence too.



"Sensei Sadia is a fantastic teacher, kind, supportive and full of knowledge. She created such a positive and welcoming atmosphere in every class. I feel truly grateful to have had the chance to take part in this experience and I really appreciate the opportunity that GOAL provided. These sessions have made a real difference in my life and I look forward to continuing my journey in martial arts." – Shahana

Project in collaboration with:



www.gwacic.com
info@gwacic.com