



# kickboxing for peace

*Building up Life Champions  
Through Kickboxing*

## [Report] Kickboxing for Peace



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## **1. Kickboxing for Peace (A Women in Sport Initiative)**

Dates: 2 October – 4 December 2021

Duration: **10 weeks**

## **2. What is Kickboxing for Peace?**

- 2.1. Kickboxing for Peace is a social project which aims to build up young Life Champions by offering Kickboxing to the socially vulnerable kids and youth in our society. The goal is to equip them with the necessary soft skills to become champions in life.
- 2.2. Granting them access to sport, they can build healthy self-esteem, build character and develop lifelong soft skills.

## **3. Project Summary**

- 3.1. For this pilot social initiative, we will be focusing on a series of 10 sessions for females only, aged between 15 – 30 years of age.
- 3.2. After conducting a simple survey, we identified that this age group usually have no support, especially when they transit from completing studies into the working world.

## **4. About the Program / Curriculum**

- 4.1. Each session is 1.5 hours long, split into 2 parts:
  - (i) 1-hour of Kickboxing Fitness session
  - (ii) 30 minutes of Facilitation and Resilience Training
- 4.2. The first hour of the session would be a Kickboxing class that will be led by the team from Kickboxing Federation of Singapore mainly;
  - (i) President - **Mr. Jason Lim**;
  - (ii) Vice-President - **Mr. Joel Lye**;
  - (iii) Secretary - **Miss Valencia Yip**; and
  - (iv) Board Member - **Miss Jen Koh**

- 4.3. We are very humbled to have onboard a team of volunteers who are well experienced in resilience and character-building teaching. This is done after the kickboxing session, a 30 mins reflection time with the facilitators.
- 4.4. The facilitators are 8 volunteers from the **Youth Mental Well Being (YMBH)**<sup>1</sup> initiative. The YMBH is part of **REACH Community Services Society**<sup>2</sup>, a Singapore government agency which focuses on engaging and connecting with the entire Singapore population.



- 4.5. The key lead is an experienced learning strategist at the polytechnic – Dr. Delina Swee. Together with 2 other trained counsellors, they supported the other volunteers in facilitation sharing.



<sup>1</sup> About Youth Mental Well Being (YMBH): <https://www.reach.gov.sg/Participate/youth-mental-well-being-network-help>

<sup>2</sup> About REACH: <https://www.reach.gov.sg/about-us/about-reach>

## 5. Progress

- 5.1. We are now in the second leg of the programme and it has been amazing to see the growth of the 8 participants that we currently have on-board.



- 5.2. All participants started with zero experience on Kickboxing and it was amazing to see their growth in terms of kickboxing techniques and also their fitness stamina. After 5 weeks in, the participants feedbacked that they always looked forward to each Saturday for their Kickboxing sessions.
- 5.3. They were very excited and happy that they had learnt a new sport as well as had better health and fitness levels too.
- 5.4. After each week's Kickboxing session – the participants go through 30 minutes of reflection and understanding how they can connect their thoughts to their emotions with their facilitators.

- 5.5. They share about their experience how they felt during the exercise session and how it relates back into their own life experiences.
- 5.6. They learned that it is important to listen to our feelings and to share our feelings with others. This also helps us build stronger relationships with people that we care about when we share our thoughts and feelings with them.



## 6. Key Focus

- 6.1. A few of our key focus for Kickboxing for Peace are Social Involvement and Inclusion of Women & Girls.



- 6.2. Sports is a part of the United Nation's (UN) Sustainability Development Goals (SDGs) with **SDG #3 – Good Health and Well-Being** and **SDG #5 – Gender Equality**.



- 6.3. With our pilot project programme, we have identified that Sports can be used to bring about change in social involvement, character, and resilience building. Using the power of Sports to create equality and opportunities.

- 6.4. Inclusion of Women & Girls is another key area of focus that we want to have a platform where Women & Girls can feel included and comfortable in an environment where they are given a platform to voice up and the sense of feeling included.

**END OF REPORT**

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