



**SOMETHING
DOESN'T
FEEL RIGHT!**

**FREE
HOLIDAY PROGRAMS
FOR GIRLS & WOMEN
12-22yo**

LEARN TO PROTECT YOURSELF

KYUP! Project is coming to a town near you.

Award winning martial artist, Mel Thomas will share personal safety tips and simple self-defence techniques any teen can use, no matter their size or skill level. Using relatable examples of real-life scenarios – such as public transport, public places and parties. This fun, safe, hands-on workshop focuses on setting boundaries and responding to conflict.

Participants learn to:

- Replace fear with confidence
- Trust their instincts and make smart choices
- Use the power of their voice to defuse dangerous situations
- Get away from a situation that doesn't feel right
- Fight back when needed
- Break the cycle of violence

**BOOK
NOW!**

FREE ALL FEMALE WORKSHOPS SPACES ARE LIMITED. DON'T MISS OUT!

REGISTER AT WWW.KYUPPROJECT.COM.AU/HOLIDAYWORKSHOPS

COWRA | MONDAY 11 JULY MORNING 9AM-11:30AM

YOUNG | MONDAY 11 JULY 2PM-4.30PM

COOTAMUNDRA | TUESDAY 12 JULY 9AM-11:30AM

GUNDAGAI | TUESDAY 12 JULY 2PM-4.30PM

WAGGA WAGGA | WEDNESDAY 13 JULY 9AM-11:30AM & 2PM-4:30PM



MEL THOMAS, THE DRIVING FORCE BEHIND KYUP! PROJECT

As Australia comes together to try and address our current epidemic of domestic violence, one woman is using her own experience to help empower young people to find their voice and learn about positive relationships.

Mel Thomas is a writer, speaker, media commentator, mother of two girls and black belt with more than 20 years of martial arts experience in Hapkido, the Korean art of self-defence.

In 2013, Mel founded the KYUP! Project in response to a wave of child-on-child assaults and family violence reports in her local area. Pronounced KEY-UP! and named after a martial arts power shout, KYUP! is giving girls a voice.

"Mel embodies passion and strength and shares my goal to assist all girls and women to fulfill their potential."

Layne Beachley –
7 x World Surfing Champion

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KYUP!PROJECT

www.kyupproject.com.au