

Corporate  
Plan  
Submissions:  
Women's Self  
Defense  
Course  
Parkland  
Shotokan  
Karate  
Association  
  
Project  
Introduction

## Proposal for Women's Self Defense Course funding to benefit Spruce Grove community

- Parkland Shotokan Karate Association offers Women's Self Defense Course three times a year.
- Seeking financial support from City of Spruce Grove for \$5,000 to expand workshops.
- Estimated total cost for four workshops in 2025 is \$6,000.
- Workshop aims to empower women with self-defense techniques in inclusive environment.
- Participants do not need martial arts experience and physical strength.
- Workshop aligns with City of Spruce Grove's Strategic Plan goals for inclusivity and diversity.
- Workshop to be held at Tri Leisure Centre for accessibility to all participants.

# Corporate Plan Submissions: Women's Self Defense Course Parkland Shotokan Karate Association

## Project Overview

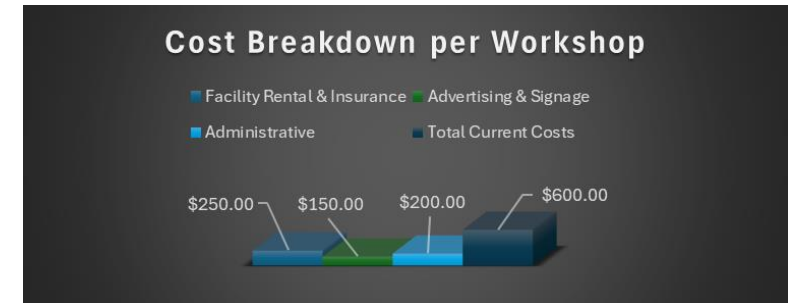
- **Organization:** Parkland Shotokan Karate Association (PSKA)
- **Course:** Women's Self Defense Course
- **Frequency:** Three times a year
- **Duration of City Involvement:** Multi-year
- **Focus:** Awareness and escape techniques for common threats
- **Design:** By women, for women
- **Purpose:**
  - Empower women with practical self-defense skills
  - Promote awareness of personal safety
  - Provide an introduction to self-defense grounded in martial arts techniques
- **Timeline:**
  - **2025:** Marking the 6th year of offering these courses
- **Need for Support:**
  - High costs exceed PSKA's budget
  - Seeking financial support for growth and community engagement
- **Community Role:**
  - PSKA and other community groups will collaborate to maximize impact
  - Inclusive environment ensuring affordability and accessibility for all participants

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Overview

PSKA Contribution:  
Cover any remaining  
costs

Financial  
Justification:

- Ensuring no financial barriers for participants
- Strengthen community bonds by empowering women and enhance safety and personal well-being within the community



# Corporate Plan Submissions: Women's Self Defense Course Parkland Shotokan Karate Association

## Community Overview

### Inclusivity and Accessibility:

- Welcoming all participants regardless of neurodiversity, ethnicity, or gender identity
- No physical prowess or martial arts experience required
- **Empowerment and Learning:**
- Participants leave feeling empowered and confident
- Delivered in a positive and inclusive learning environment

### • Alignment with Strategic Plan:

- **City of Spruce Grove  
Strategic Plan Goals:**
  - Promote community health and wellness
  - Foster inclusivity and diversity
  - Ensure accessibility

### Hosting Location:

- **Tri Leisure Centre:** Providing step-free access to ensure maximum accessibility
- **Outcome:** Strengthen community bonds by empowering women and enhance safety and personal well-being within the community

*By supporting the Women's Self Defense Course, the City of Spruce Grove will contribute to the empowerment, safety, and well-being of its citizens, aligning*