



KICKSISTERS

Kicksisters is our female only class suitable for women and girls from 13 years upwards. It is a mixed ability class with a strong focus on building confidence. Our aim is to provide a safe community environment where women from all walks of life can support and empower each other to achieve their individual goals.

Originally just a pilot scheme, the kicksister program was initiated as part of the nationwide “This girl can” initiative. Identifying the need for this “safe space”, we kept the programme running.

Junior Instructor Ocean Gabriel-Lovell has lead the Kicksisters class since September 2018. Ocean is a 15 year old 3rd Dan Black belt and International Taekwondo athlete. Ocean is a highly skilled athlete and well rounded instructor who is committed to developing her students in a fun and engaging environment.

Kicksisters train weekly on Fridays at 18:00