



PinkBelt Survey

Exploring opportunities for healing, health and wellbeing for women through Traditional Martial Arts

25 May 2021

CATALYSE 



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Executive summary

Purpose

To understand the potential for training in traditional martial arts* as a therapeutic tool for women affected by anxiety, depression, fear, lack of self-confidence and other factors affecting mental health and emotional resilience.

* Traditional martial arts includes Taekwondo, Karate, Jui Jitsu, Kung Fu and Wing Chun.



Methodology



PinkBelt Project designed, programmed and hosted an online survey.

The survey was promoted through social media and with assistance from martial arts schools around Australia, to current practitioners.

The study was open from 23 March to 24 April 2021 for females who had participated in martial arts for more than 6 months. The survey attracted **410** responses nationally.

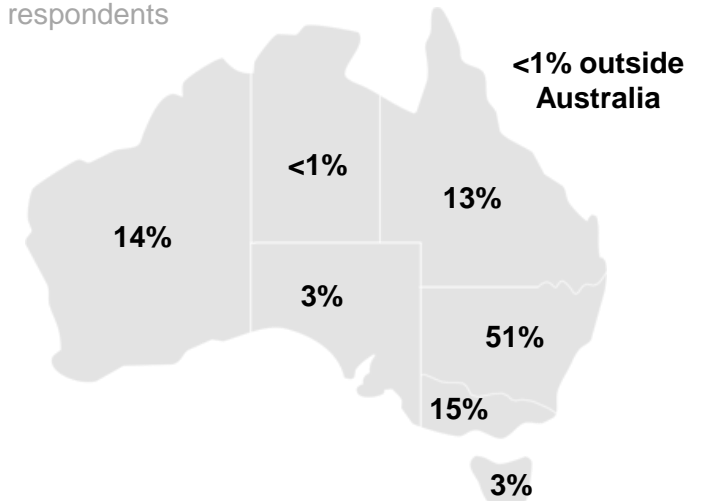
The greatest number of responses came from New South Wales.

The majority of respondents were aged between 35 and 54 years.

The study was supported by CATALYSE®, an independent research and strategic planning company.

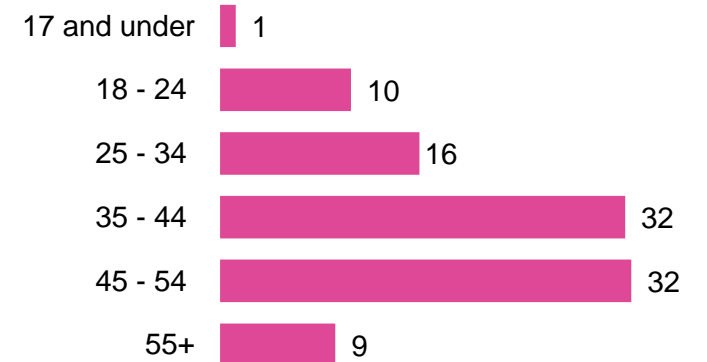
Location

% respondents



Age (years)

% respondents



Drivers and influences to participate

- The main motivations for participating in Traditional Martial Arts were:
 - A family member participated or inspired them (36% respondents)
 - Fitness, strength or better health (25%)
 - Self defence and safety (20%)
- The top two influences for beginning Traditional Martial Arts were their children (21% respondents) and their parents (18% respondents).
 - 95% of respondents who were influenced by their parents to participate in Traditional Martial Arts first before the age of 18 years.
 - 76% of the respondents who were influenced by their children to participate in Traditional Martial Arts first started participating when they were aged 35-54 years.



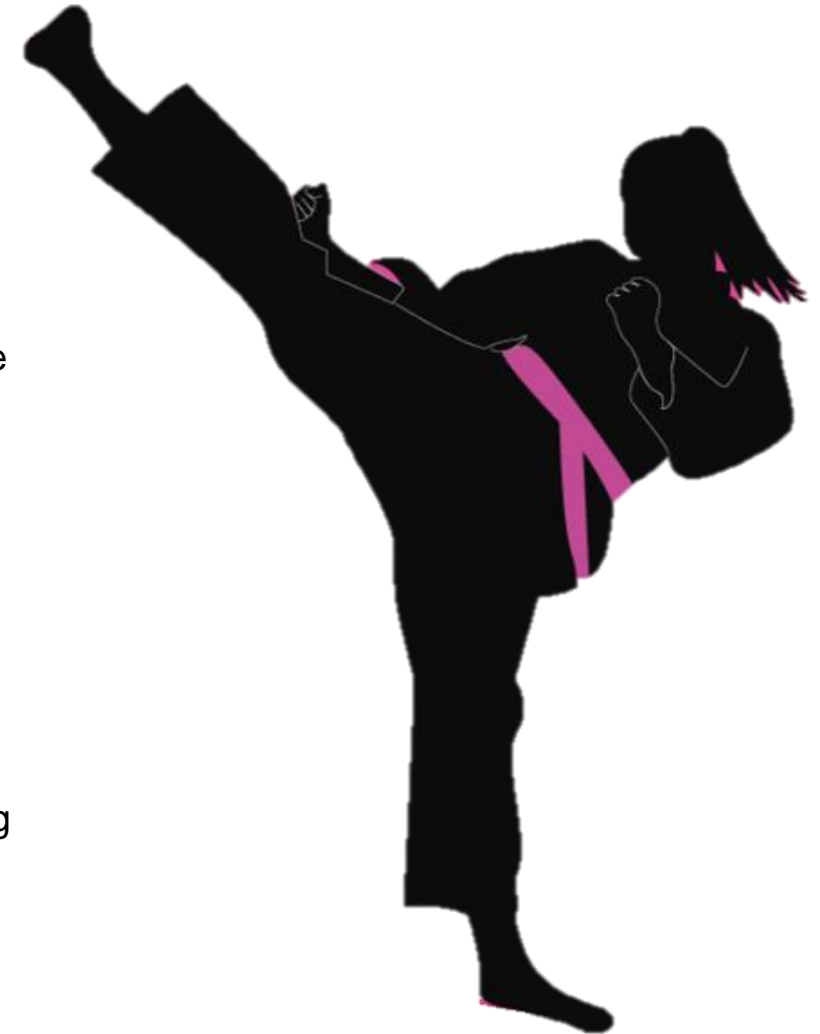
Benefits of Traditional Martial Arts

- Overall, almost everyone (98% of respondents) has had positive or very positive experiences when training and participating in Traditional Martial Arts.
- Most enjoyed a high or moderate level of improvement in their quality of life:
 - 99% experienced improvements in **strength and flexibility**
 - 97% experienced improvements in **general health**
 - 95% experienced improvements in **self confidence and self esteem**
 - 95% experienced improvements in their **mental health**
 - 93% experienced improvements in feeling **safe and secure**



Feeling safe and secure

- 93% of respondents experienced **high or moderate** improvements to feeling safe and secure through involvement in Traditional Martial Arts.
- 55% of respondents experienced a **high level of improvement** to their feelings of safety and security.
- 78% of respondents felt their martial arts training would help them reduce the risk of harm to themselves in the event of a physical confrontation or attack. This was more likely among the following groups:
 - Respondents who participated in Traditional Martial Arts for over 10 hours per week (95% respondents).
 - Respondents who had achieved expert belt rankings (93% respondents).
 - Respondents who practiced Kobudo (100% respondents) Kickboxing (88% respondents) or Muay Thai (85% respondents).
 - Respondents who commenced training between the ages of 45 to 54 (85% respondents).
- 24% of respondents have used their martial arts skills to physically defend themselves during a confrontation. This was higher for respondents who had been victims of violence in the past (45% respondents).



Mental health (stress, anxiety, depression)

- 95% of all respondents experienced **high or moderate** improvements in mental health (stress, anxiety, depression) through involvement in Traditional Martial Arts.
- 61% of respondents experienced a **high level of improvement** to their mental health.
- **High levels of improvement** to mental health were more likely for the following groups:
 - Respondents motivated by empowerment, confidence and personal growth (78% respondents)
 - Respondents motivated by mental health, stress relief, discipline and determination (74% respondents)
 - Respondents who had been victims of violence in the past (68% respondents)
 - Respondents who practiced Muay Thai or Kickboxing (75% respondents)
 - Respondents who commenced training between the ages of 45 to 54 years (70% respondents)
 - Respondents who participated in Traditional Martial Arts for 5-10 hours per week (69% respondents)



Self-confidence and self-esteem

- 95% of all respondents experienced **high or moderate** improvements to their self-confidence and self-esteem through involvement in Traditional Martial Arts.
- 64% of respondents experienced a **high level of improvement** to their self-confidence and self-esteem.
- **High levels of improvement** to self-confidence and self-esteem were more likely for the following groups:
 - Respondents motivated by empowerment, confidence and personal growth (85% respondents)
 - Respondents who had achieved expert belt rankings (75% respondents)
 - Respondents who participated in Traditional Martial Arts for 5-10 hours per week (70% respondents) and over 10 hours per week (74% respondents)
 - Respondents who practiced Kung Fu (77% respondents) or Kickboxing (75% respondents)
 - Respondents who had participated in competition for combat sports (69% respondents)



Performance in the workplace

- Participation in the Traditional Martial Arts improves performance in the workplace.
- Most enjoyed a high or moderate level of improvement in their concentration, leadership attributes and overall work performance.
 - 82% experienced improvements in **their work performance**
 - 86% experienced improvements in **leadership attributes**
 - 89% experienced improvements in **concentration**



Issues and suggestions

- 53% of respondents have experienced issues or challenges associated with their participation in Traditional Martial Arts.
- The most common issues or challenges were:
 - Sexism, misogyny and discrimination (17% of respondents)
 - Injuries, pain and health issues (16%)
- The top three suggestions to improve involvement in the Traditional Martial Arts were:
 - Encourage more women to participate.
 - Find more time to train.
 - Show more respect and less discrimination towards women.





Traditional Martial Arts
involvement and experience

Summary points

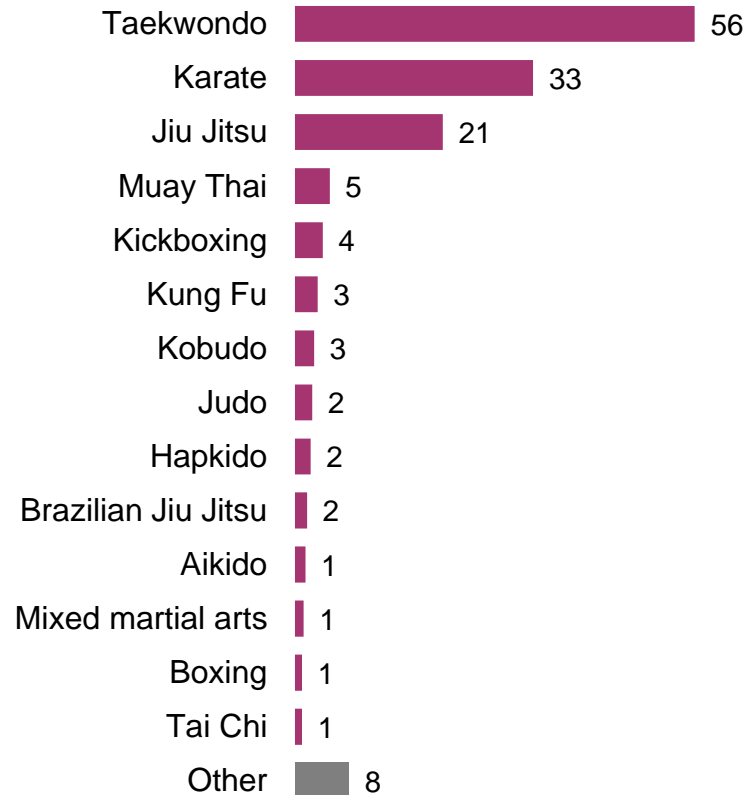
- 56% of respondents practiced Taekwondo, followed by Karate (33%) and Jiu Jitsu (21%).
- 51% of respondents participated in Traditional Martial Arts for 2 to 4 hours per week and 30% participated for 5 to 10 hours per week.
- 78% of respondents had achieved a belt ranking that was intermediate or above.
- 61% of respondents had participated in a competition for combat sports.



Traditional Martial Arts involvement and expertise

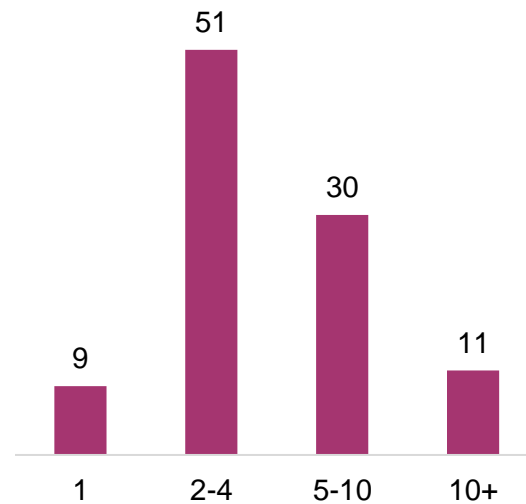
Disciplines practiced for more than 6 months

% respondents



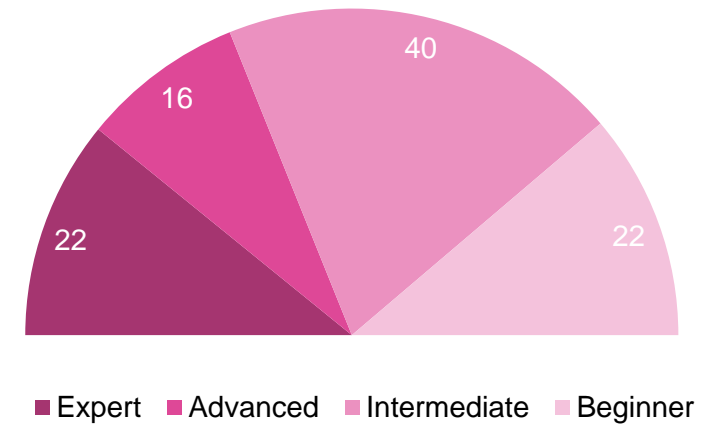
Participation hours per week

% respondents



Highest rank achieved

% respondents



61%
participated in a competition
for combat sports

Q. Please list the discipline/s of Traditional Martial Arts you have practised for more than 6 months now and in the past. Base: All respondents (n=410).

Q. On average, how many hours per week do you spend participating in Traditional Martial Arts training? Base: All respondents, excluding 'No response' (n=406).

Q. What is the highest Belt Rank you have achieved across the disciplines of Traditional Martial Arts you have studied? Base: All respondents (n=410).

Q. Have you ever participated in a competition for combat sports? Base: All respondents (n=410).



Instructor and
class preferences

Summary points

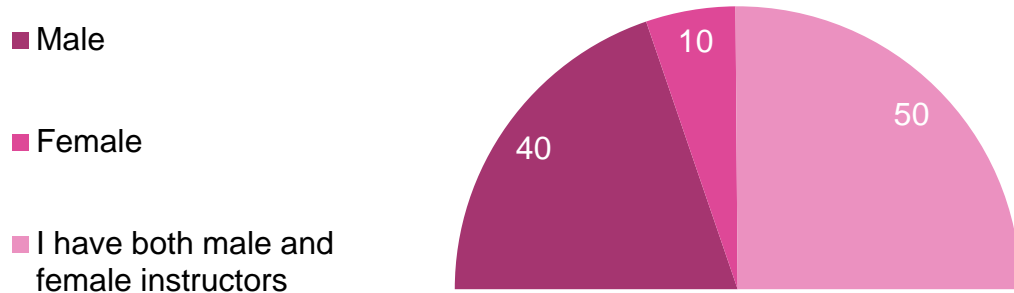
- 50% of respondents have both female and male instructors. 10% have female only and 40% have male only instructors.
- 92% of respondents do not have a preference for the gender of their instructor. They are happy to have either female or male instructors.
- The most popular types of classes are adults only with mixed rank and gender (36% of respondents) and open classes with mixed ages, ranks and genders (33% of respondents).



Instructor and class preferences

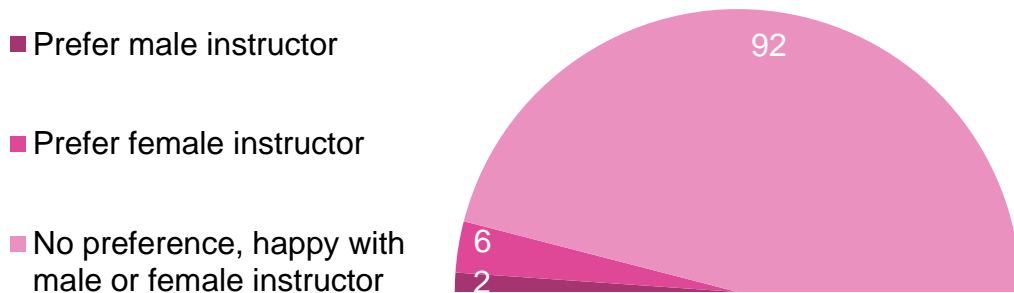
Gender of current instructors

% respondents



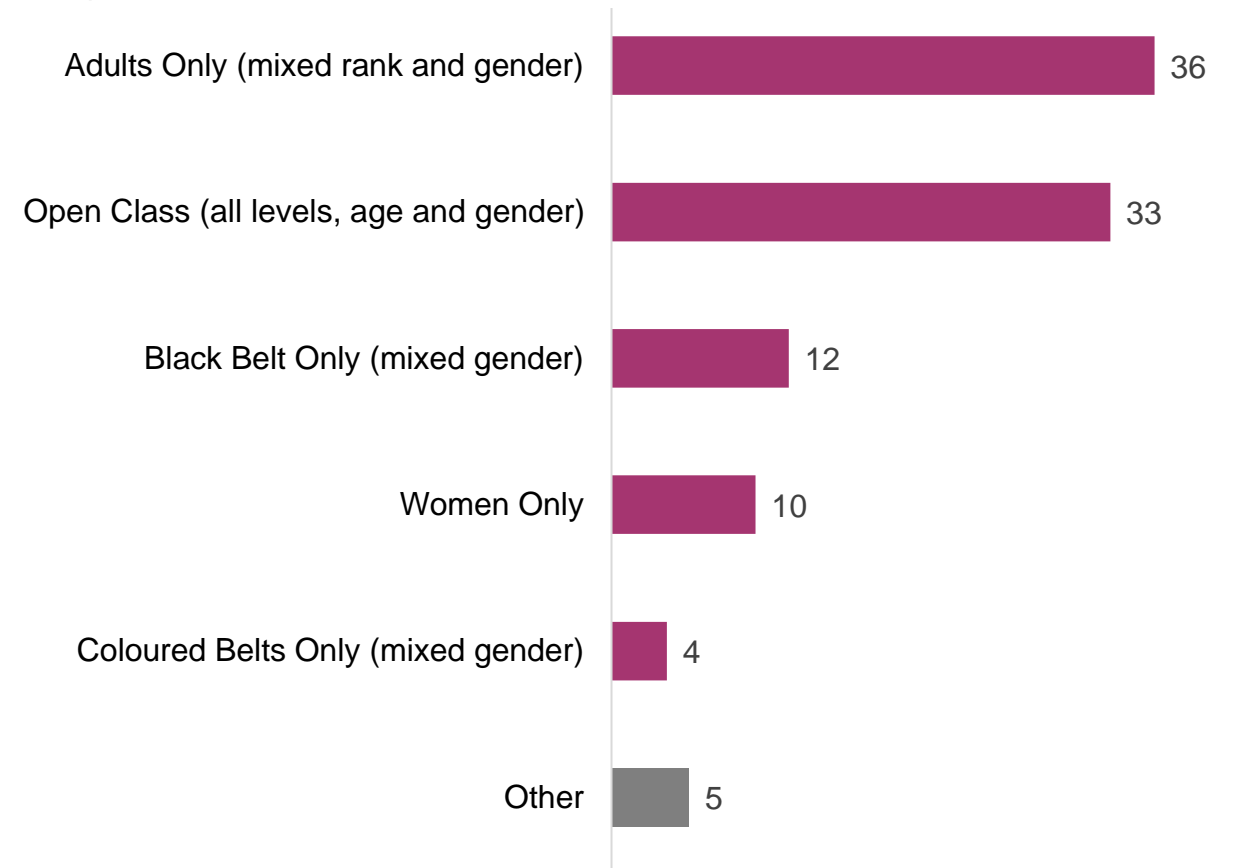
Preferred gender of instructors

% respondents



Most preferred class type

% respondents



Q. My current martial arts instructor is:

Base: All respondents (n=410).

Q. Do you prefer to train with a male or female martial arts instructor?

Base: All respondents, excluding (n=410).

Q. What type of class would you mostly prefer to participate in?

Base: All respondents excluding 'No response' (n=405).



Motivation and influences
to participate in Traditional
Martial Arts

Summary points

- The top 3 motivations to start participating in Traditional Martial Arts were:
 - A family member participated or inspired them (36%)
 - Fitness, strength or health (25%)
 - Self defence or safety (20%)
- 21% of respondents were influenced by their child or children to start participating in Traditional Martial Arts and 18% were influenced by their parents.
- 39% of respondents were younger than 18 years when they first commenced participation in Traditional Martial arts and 33% were aged 35-54 years.



Motivation to participate

Motivation to start participating in Traditional Martial Arts

% respondents



Women's voices

A sample of survey comments

"To train with my children and feel powerful again"

"First sent my kids. A mothers' class was offered"

"I was looking for a new way to stay active, learn new skills, develop my self-confidence and implement an activity/hobby in my life that would help me to destress from work"

"My parents initially, then my kids as an adult"

"Fitness, an opportunity to have a common interest with my son, and self defence"

"The need to feel safe and be able to defend myself"

"Self defence, mental and physical benefits, activity to share with my husband"

"To improve confidence and learn self defence for bullying"

"Confidences, motivate and encourage my teenage daughter. Confidence. Self defence."

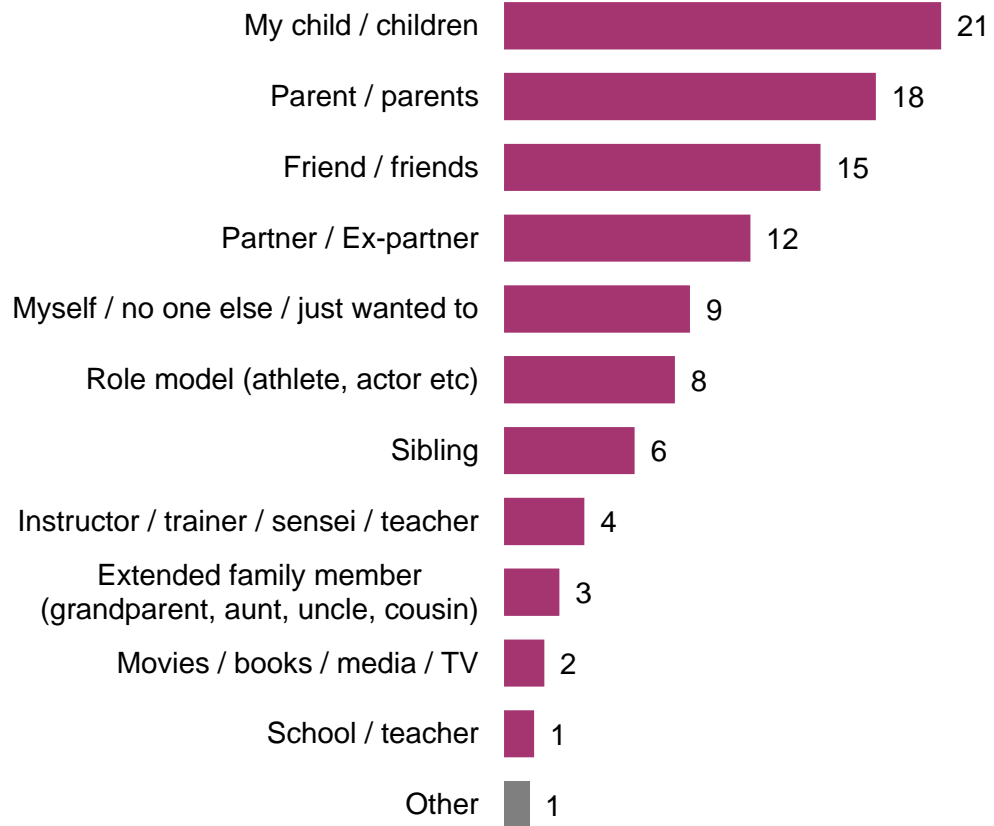
Q. What motivated you to start participating in the Traditional Martial Arts?

Base: All respondents (n=410).

Influences and age of participation

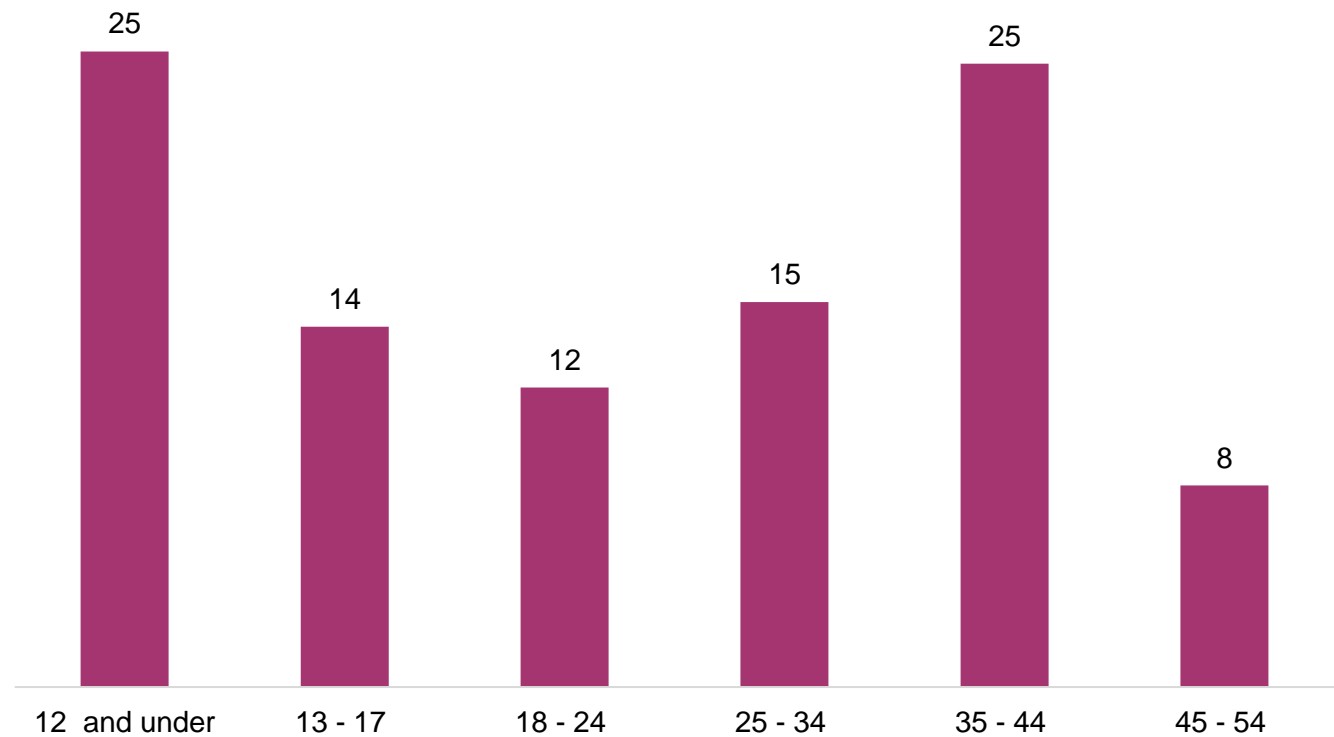
Influences on respondents to participate in Traditional Martial Arts

% respondents



Age respondent first commenced participation in Traditional Martial Arts

% respondents



Q Who influenced you the most to start participating in the Traditional Martial Arts?

Q Age you first commenced participation in the Traditional Martial Arts?

Base: All respondents (n=410).



Experience participating in
Traditional Martial Arts

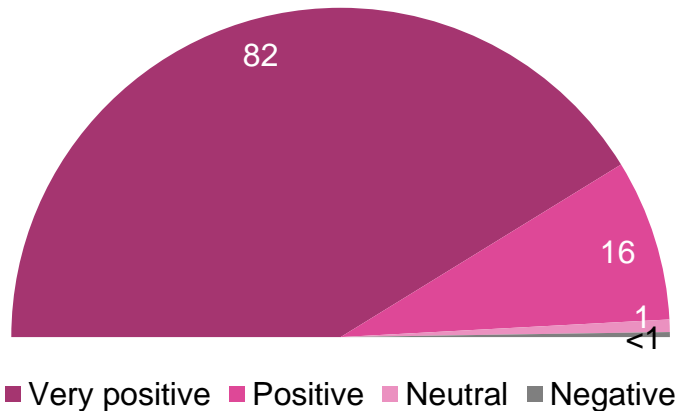
Summary points

- 98% of respondents have had a positive or very positive experience when training and participating in Traditional Martial Arts.
- Most respondents experienced a high or moderate level of improvement in aspects of their life as a result of their involvement in Traditional Martial Arts:
 - 99% experienced improvements in strength and flexibility
 - 97% experienced improvements in general health
 - 95% experienced improvements in self confidence and self esteem
 - 95% experienced improvements in their mental health



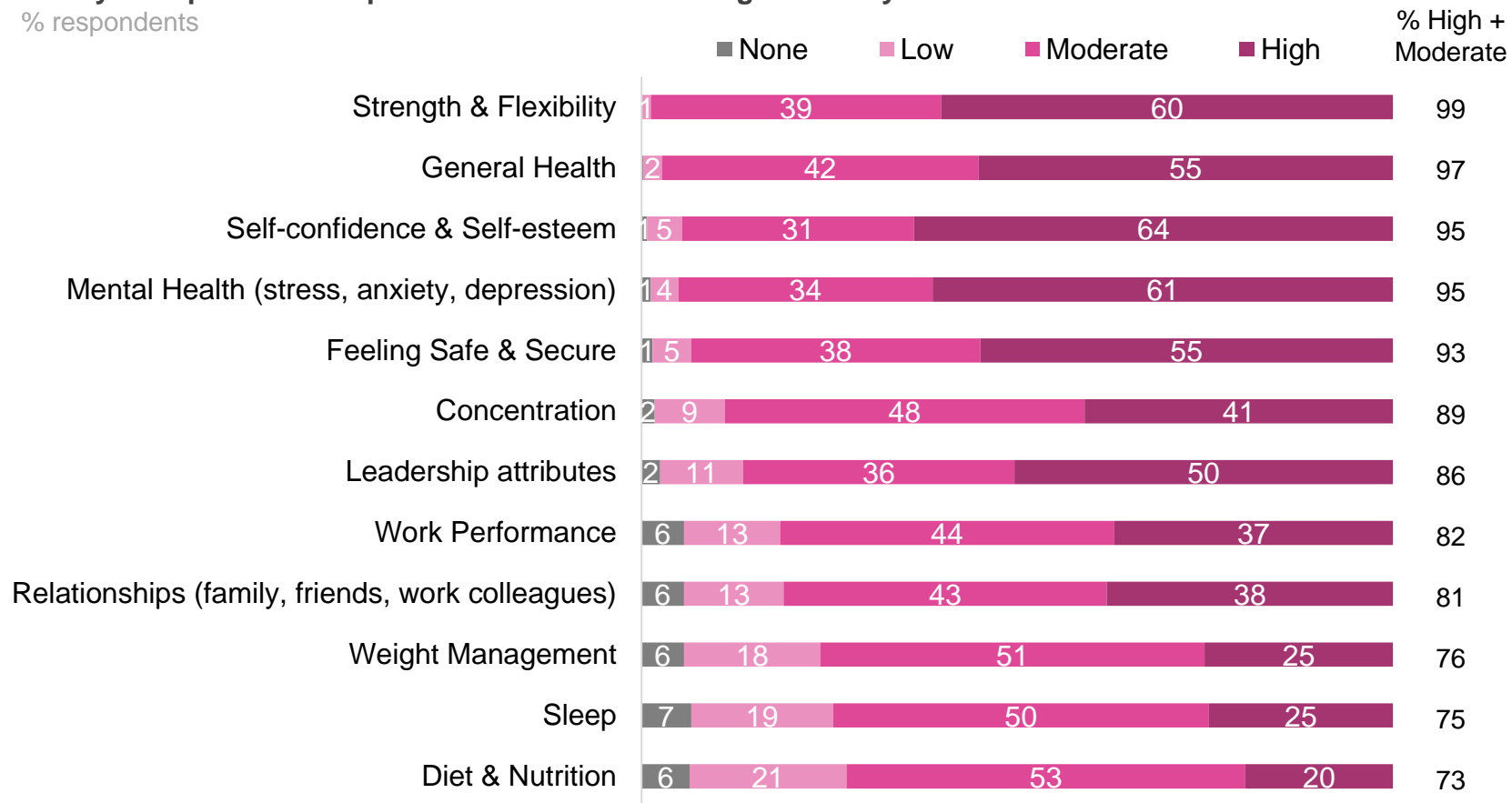
Experience participating in Traditional Martial Arts

Overall, how would you rate your experience of training and participating in Traditional Martial Arts?
% respondents



NB: "Very negative" was also presented as an option, however no respondents selected this.

Through your involvement in the Traditional Martial Arts, to what extent have you experienced improvements in the following areas of your life?
% respondents



Q. Overall, how would you rate your experience of training and participating in Traditional Martial Arts?

Base: All respondents (n=410).

Q. Through your involvement in the Traditional Martial Arts, to what extent have you experienced improvements in the following areas of your life?

Base: All respondents, excluding 'No response' (n=varies from 406 to 408).



Experiences with physical confrontations and violence

Summary points

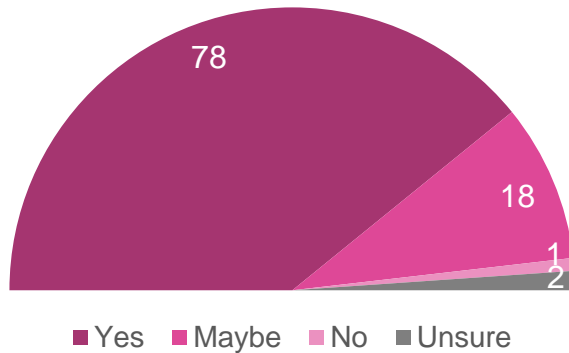
- 78% of respondents believe that their martial arts training would help them to reduce the risk of harm to themselves in the event of a physical confrontation.
- 24% of respondents have previously had to use their martial arts skills to defend themselves during a confrontation.
- 39% of respondents have been the victims of violence in the past, either before or after commencing their martial arts training.



Experiences with physical confrontations and violence

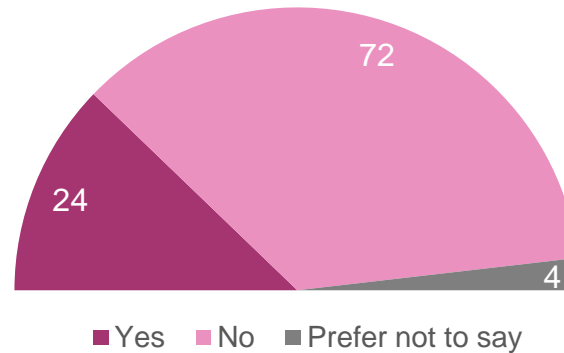
In the event of a physical confrontation or attack, do you feel you have a better chance of reducing the level of harm you experience as a result of your martial arts training?

% respondents



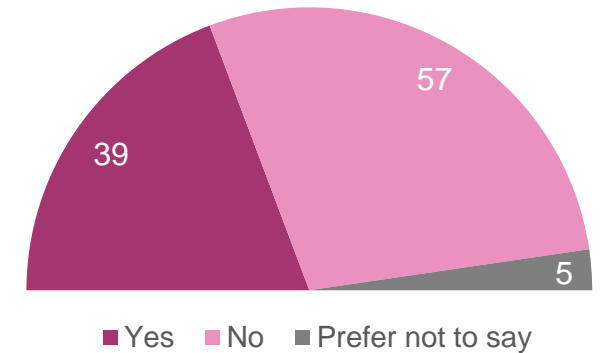
Have you ever had to use your martial arts skills to physically defend yourself during a confrontation?

% respondents



Have you ever been the victim of violence (either before or after you commenced your martial arts training)?

% respondents





Issues and challenges
experienced while
participating in Traditional
Martial Arts

Summary points

- 53% of respondents have experienced issues or challenges associated with their participation in Traditional Martial Arts.
- The most common issues or challenges were experiences of sexism and misogyny, and injuries and health issues.
- The top 3 areas mentioned as things that would improve experiences in Traditional Martial Arts were:
 - More women participating
 - More time to train
 - Less discrimination and more respect shown to women

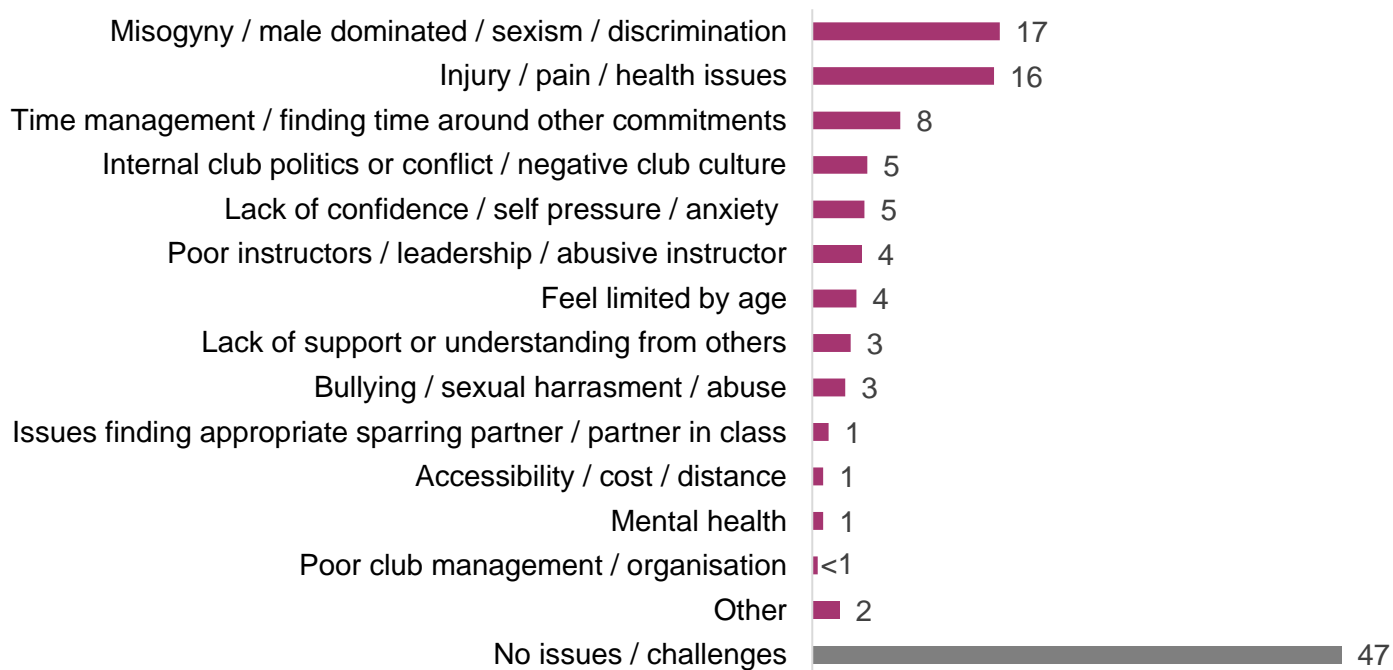


Issues and challenges

53%
Experienced issues or challenges

Types of issues or challenges associated with participation in Traditional Martial Arts

% respondents



Women's voices

A sample of survey comments

"Managing old injuries and aging body"

"Musculoskeletal injuries hold me back from achieving strength and flexibility goals"

"When I started it was much harder for girls to be accepted we were often bullied or ignored or people thought we weren't as strong as the guys"

"Male dominated domain, sexual discrimination"

"Male dominated sport so misogyny exists"

"Finding time to train as a single mother"

"It's hard juggling work/kids/taekwondo. In club challenges with sparring due to being the only adult female in the class other than my instructor. Hard to spar with children or 90kg men..."

"Returning after children and finding younger members rude and dismissive. Element of elitism from international body and feelings of inadequacy and irrelevance once I couldn't keep up with 20 year olds."

"Feeling embarrassed that I wasn't good enough"

"Gym culture at some gyms"

Q. Have you experienced any issues or challenges associated with your participation in the Traditional Martial Arts?

Base: All respondents (n=410).

Q. If 'Yes', please describe.

Base: All respondents, excluding 'No response' (n=409).

Suggestions for improvement

What could improve your experience of involvement in Traditional Martial Arts?

% respondents



Women's voices

A sample of survey comments

"More women and men respecting women more."

"More females in the sport, changing the 'boys club' culture in many gyms"

"More female training partners"

"Time, more time throughout the week to train and revise earlier curriculum. Also fitness, and a healthier diet."

"More hours in the day to practice. Kids, work, etc. take up so much time."

"Women/girls being taken more seriously in martial arts"

"A more conscientious approach to females within the gym, ensuring they feel safe but also empowered."

Q. What could improve your experience of involvement in the Traditional Martial Arts?

Base: All respondents, excluding 'no response' (n=269).

Other responses: Other 2%; Unsure 4%; none / I am happy / satisfied 10%



Supporting tables

Influence

Influence	Total		Q Age you first commenced participation in the Traditional Martial Arts?											
			12 years and under		13 - 17 years		18 - 24 years		25 - 34 years		35 - 44 years		45 - 54 years	
	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%
My child / children	87	21%	3	3%	1	2%	0	0%	17	27%	49	48%	17	52%
Extended family member (grandparent, aunt, uncle, cousin)	11	3%	5	5%	0	0%	0	0%	2	3%	3	3%	1	3%
Friend / friends	63	15%	7	7%	13	22%	12	24%	14	22%	14	14%	3	9%
Myself / no one else / just wanted to	37	9%	6	6%	6	10%	8	16%	9	14%	4	4%	4	12%
Parent / parents	74	18%	55	53%	15	25%	1	2%	3	5%	0	0%	0	0%
Partner / Ex-partner	49	12%	1	1%	6	10%	14	29%	8	13%	13	13%	7	21%
Role model (athlete, actor etc)	34	8%	8	8%	8	14%	7	14%	5	8%	6	6%	0	0%
School / teacher	6	1%	3	3%	2	3%	0	0%	0	0%	1	1%	0	0%
Sibling	26	6%	13	13%	7	12%	2	4%	2	3%	2	2%	0	0%
Instructor / trainer / sensei / teacher	16	4%	2	2%	1	2%	1	2%	2	3%	9	9%	1	3%
Movies / books / media / TV	8	2%	0	0%	4	7%	3	6%	0	0%	1	1%	0	0%
Other	5	1%	0	0%	1	2%	1	2%	1	2%	2	2%	0	0%
None / no one	1	0%	1	1%	0	0%	0	0%	0	0%	0	0%	0	0%
Unsure	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%
Total	410	100%	104	100%	59	100%	49	100%	63	100%	102	100%	33	100%

Q. Who influenced you the most to start participating in the Traditional Martial Arts?

Base: All respondents, excluding 'No response' (n=410).

Perceived chance of reducing harm through martial arts training

	Total		Q Please list the discipline/s of Traditional Martial Arts you have practised for more than 6 months now and in the past.																Q Age you first commenced participation in the Traditional Martial Arts?											
			Taekwondo		Karate		Judo		Kung Fu		Muay Thai		Kickboxing		Kobudo		Jui Jitsu / BJJ		12 years and under		13 - 17 years		18 - 24 years		25 - 34 years		35 - 44 years		45 - 54 years	
	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%
Yes	321	78%	179	78%	112	82%	5	50%	13	100%	17	85%	14	88%	11	100%	76	83%	82	79%	48	81%	41	84%	48	76%	74	73%	28	85%
Maybe	74	18%	39	17%	22	16%	5	50%	0	0%	3	15%	2	13%	0	0%	15	16%	18	17%	7	12%	7	14%	14	22%	24	24%	4	12%
No	6	1%	5	2%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%	1	1%	0	0%	3	5%	1	2%	0	0%	2	2%	0	0%
Unsure	9	2%	7	3%	3	2%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%	4	4%	1	2%	0	0%	1	2%	2	2%	1	3%
Total	410	100%	230	100%	137	100%	10	100%	13	100%	20	100%	16	100%	11	100%	92	100%	104	100%	59	100%	49	100%	63	100%	102	100%	33	100%

Q. In the event of a physical confrontation or attack, do you feel you have a better chance of reducing the level of harm you experience as a result of your martial arts training?

Base: All respondents, excluding 'No response' (n=410).

Perceived chance of reducing harm through martial arts training (continued)

	Total		Q On average, how many hours per week do you spend participating in Traditional Martial Arts training?										Q What is the highest Belt Rank you have achieved across the disciplines of Traditional Martial Arts you have studied?								Q Have you ever participated in a competition for combat sports?			
			1 hour		2 to 4 hours		5 to 10 hours		Over 10 hours		No response		Beginner		Intermediate		Advanced		Expert		Yes		No	
	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%
Yes	321	78%	26	74%	153	74%	97	80%	41	95%	4	100%	68	74%	122	75%	48	73%	83	93%	209	84%	112	70%
Maybe	74	18%	9	26%	41	20%	22	18%	2	5%	0	0%	19	21%	36	22%	14	21%	5	6%	35	14%	39	24%
No	6	1%	0	0%	4	2%	2	2%	0	0%	0	0%	0	0%	3	2%	3	5%	0	0%	2	1%	4	3%
Unsure	9	2%	0	0%	8	4%	1	1%	0	0%	0	0%	5	5%	2	1%	1	2%	1	1%	4	2%	5	3%
Total	410	100%	35	100%	206	100%	122	100%	43	100%	4	100%	92	100%	163	100%	66	100%	89	100%	250	100%	160	100%

Q. In the event of a physical confrontation or attack, do you feel you have a better chance of reducing the level of harm you experience as a result of your martial arts training?

Base: All respondents, excluding 'No response' (n=410).

Physical confrontation and violence

		Total		Q Have you ever been the victim of violence (either before or after you commenced your martial arts training)?					
		Total		Yes		No		Prefer not to say	
		Count	%	Count	%	Count	%	Count	%
Q In the event of a physical confrontation or attack, do you feel you have a better chance of reducing the level of harm you experience as a result of your martial arts training?	Yes	321	78%	132	84%	172	74%	17	89%
	Maybe	74	18%	21	13%	51	22%	2	11%
	No	6	1%	2	1%	4	2%	0	0%
	Unsure	9	2%	3	2%	6	3%	0	0%
	Total	410	100%	158	100%	233	100%	19	100%
Q Have you ever had to use your martial arts skills to physically defend yourself during a confrontation?	Yes	100	24%	71	45%	24	10%	5	26%
	No	295	72%	79	50%	204	88%	12	63%
	Prefer not to say	15	4%	8	5%	5	2%	2	11%
	Total	410	100%	158	100%	233	100%	19	100%

Q. In the event of a physical confrontation or attack, do you feel you have a better chance of reducing the level of harm you experience as a result of your martial arts training?

Base: All respondents, excluding 'No response' (n=410).

Q. Have you ever had to use your martial arts skills to physically defend yourself during a confrontation?

Base: All respondents, excluding 'No response' (n=410).

Mental health

Area of life	Extent of improvement	Total		Q Please list the discipline/s of Traditional Martial Arts you have practised for more than 6 months now and in the past.																Q Age you first commenced participation in the Traditional Martial Arts?											
		Total		Taekwondo		Karate		Judo		Kung Fu		Muay Thai		Kickboxing		Kobudo		Jui Jitsu / BJJ		12 years and under		13 - 17 years		18 - 24 years		25 - 34 years		35 - 44 years		45 - 54 years	
		Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%
Mental Health (stress, anxiety, depression)	High	250	61%	149	65%	77	57%	3	30%	8	62%	15	75%	12	75%	5	45%	54	59%	62	60%	37	63%	31	63%	41	65%	56	56%	23	70%
	Moderate	138	34%	69	30%	54	40%	5	50%	4	31%	5	25%	3	19%	4	36%	35	38%	34	33%	19	32%	17	35%	19	30%	40	40%	9	27%
	Low	15	4%	7	3%	5	4%	2	20%	1	8%	0	0%	1	6%	1	9%	2	2%	6	6%	3	5%	1	2%	2	3%	3	3%	0	0%
	None	5	1%	3	1%	0	0%	0	0%	0	0%	0	0%	0	0%	1	9%	1	1%	2	2%	0	0%	0	0%	1	2%	1	1%	1	3%
	Total	408	100%	228	100%	136	100%	10	100%	13	100%	20	100%	16	100%	11	100%	92	100%	104	100%	59	100%	49	100%	63	100%	100	100%	33	100%

Q. Through your involvement in the Traditional Martial Arts, to what extent have you experienced improvements in the following areas of your life?

Base: All respondents, excluding 'No response' (n=408).

Mental health (continued)

Area of life	Extent of improvement	Total		Q On average, how many hours per week do you spend participating in Traditional Martial Arts training?										Q What is the highest Belt Rank you have achieved across the disciplines of Traditional Martial Arts you have studied?								Q Have you ever participated in a competition for combat sports?			
		Total		1 hour		2 to 4 hours		5 to 10 hours		Over 10 hours		No response		Beginner		Intermediate		Advanced		Expert		Yes		No	
		Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%
Mental Health (stress, anxiety, depression)	High	250	61%	21	60%	117	57%	84	69%	26	60%	2	50%	52	57%	96	60%	42	64%	60	67%	161	65%	89	56%
	Moderate	138	34%	12	34%	75	37%	34	28%	15	35%	2	50%	34	37%	57	35%	21	32%	26	29%	73	29%	65	41%
	Low	15	4%	2	6%	8	4%	3	2%	2	5%	0	0%	5	5%	6	4%	2	3%	2	2%	11	4%	4	3%
	None	5	1%	0	0%	4	2%	1	1%	0	0%	0	0%	1	1%	2	1%	1	2%	1	1%	4	2%	1	1%
	Total	408	100%	35	100%	204	100%	122	100%	43	100%	4	100%	92	100%	161	100%	66	100%	89	100%	249	100%	159	100%

Q. Through your involvement in the Traditional Martial Arts, to what extent have you experienced improvements in the following areas of your life?

Base: All respondents, excluding 'No response' (n=408).

Mental health and motivation

Area of life	Extent of improvement	Total		Q What motivated you to start participating in the Traditional Martial Arts?															
		Total		Fun		Family member participated, inspired me etc		Self-defense / safety		Empowerment, confidence and personal growth		Fitness, strength, health and activity		Friends were doing it / to make friends		Always wanted to try it		My parents signed me up	
		Count	Column N %	Count	Column N %	Count	Column N %	Count	Column N %	Count	Column N %	Count	Column N %	Count	Column N %	Count	Column N %	Count	Column N %
Mental Health (stress, anxiety, depression)	High	250	61%	12	57%	96	65%	54	64%	32	78%	64	62%	18	64%	11	55%	5	56%
	Moderate	138	34%	9	43%	44	30%	27	32%	8	20%	38	37%	9	32%	7	35%	4	44%
	Low	15	4%	0	0%	4	3%	3	4%	1	2%	2	2%	1	4%	0	0%	0	0%
	None	5	1%	0	0%	3	2%	0	0%	0	0%	0	0%	0	0%	2	10%	0	0%
	Total	408	100%	21	100%	147	100%	84	100%	41	100%	104	100%	28	100%	20	100%	9	100%

Q. Through your involvement in the Traditional Martial Arts, to what extent have you experienced improvements in the following areas of your life?

Base: All respondents, excluding 'No response' (n=408).

Mental health and motivation (continued)

Area of life	Extent of improvement	Total		Q What motivated you to start participating in the Traditional Martial Arts?																	
		Total		Mental health, stress relief, discipline and determination		Interested / like / admire the sport		Domestic violence, abuse, bullying and harrassment		Friendly / community / family friendly club		Challenge myself / learn something new		Inspired by a movie / TV / demonstration / person		Tried it at school / tried a free class / tried it once and liked it		To do something for myself / do something positive		Competition	
		Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%
Mental Health (stress, anxiety, depression)	High	250	61%	17	74%	16	59%	15	60%	8	80%	18	58%	6	50%	8	62%	3	75%	2	50%
	Moderate	138	34%	6	26%	8	30%	7	28%	2	20%	11	35%	5	42%	4	31%	1	25%	1	25%
	Low	15	4%	0	0%	3	11%	2	8%	0	0%	1	3%	1	8%	1	8%	0	0%	1	25%
	None	5	1%	0	0%	0	0%	1	4%	0	0%	1	3%	0	0%	0	0%	0	0%	0	0%
	Total	408	100%	23	100%	27	100%	25	100%	10	100%	31	100%	12	100%	13	100%	4	100%	4	100%

Q. Through your involvement in the Traditional Martial Arts, to what extent have you experienced improvements in the following areas of your life?

Base: All respondents, excluding 'No response' (n=408).

Mental health and violence

Area of life	Extent of improvement	Total		Q Have you ever been the victim of violence (either before or after you commenced your martial arts training)?					
		Total		Yes		No		Prefer not to say	
		Count	%	Count	%	Count	%	Count	%
Mental Health (stress, anxiety, depression)	High	250	61%	107	68%	132	57%	11	58%
	Moderate	138	34%	44	28%	86	37%	8	42%
	Low	15	4%	4	3%	11	5%	0	0%
	None	5	1%	2	1%	3	1%	0	0%
	Total	408	100%	157	100%	232	100%	19	100%

Q. Through your involvement in the Traditional Martial Arts, to what extent have you experienced improvements in the following areas of your life?

Base: All respondents, excluding 'No response' (n=408).

Confidence and self-esteem

Area of life	Extent of improvement	Total		Q Please list the discipline/s of Traditional Martial Arts you have practised for more than 6 months now and in the past.																Q Age you first commenced participation in the Traditional Martial Arts?											
		Total		Taekwondo		Karate		Judo		Kung Fu		Muay Thai		Kickboxing		Kobudo		Jui Jitsu / BJJ		12 years and under		13 - 17 years		18 - 24 years		25 - 34 years		35 - 44 years		45 - 54 years	
		Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%
Self-confidence & Self-esteem	High	260	64%	155	68%	83	61%	6	60%	10	77%	14	70%	12	75%	5	45%	59	64%	67	65%	41	69%	35	71%	44	70%	52	51%	21	64%
	Moderate	126	31%	61	27%	48	35%	2	20%	2	15%	6	30%	3	19%	3	27%	31	34%	32	31%	13	22%	14	29%	17	27%	40	40%	10	30%
	Low	19	5%	11	5%	5	4%	2	20%	1	8%	0	0%	1	6%	3	27%	1	1%	4	4%	5	8%	0	0%	2	3%	7	7%	1	3%
	None	3	1%	2	1%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%	1	1%	0	0%	0	0%	0	0%	0	0%	2	2%	1	3%
	Total	408	100%	229	100%	136	100%	10	100%	13	100%	20	100%	16	100%	11	100%	92	100%	103	100%	59	100%	49	100%	63	100%	101	100%	33	100%

Q. Through your involvement in the Traditional Martial Arts, to what extent have you experienced improvements in the following areas of your life?

Base: All respondents, excluding 'No response' (n=408).

Confidence and self-esteem (continued)

Area of life	Extent of improvement	Total		Q On average, how many hours per week do you spend participating in Traditional Martial Arts training?										Q What is the highest Belt Rank you have achieved across the disciplines of Traditional Martial Arts you have studied?								Q Have you ever participated in a competition for combat sports?			
		Total		1 hour		2 to 4 hours		5 to 10 hours		Over 10 hours		No response		Beginner		Intermediate		Advanced		Expert		Yes		No	
		Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%
Self-confidence & Self-esteem	High	260	64%	24	69%	116	57%	85	70%	32	74%	3	75%	53	58%	98	60%	42	65%	67	75%	172	69%	88	56%
	Moderate	126	31%	8	23%	73	36%	34	28%	10	23%	1	25%	32	35%	54	33%	19	29%	21	24%	66	26%	60	38%
	Low	19	5%	2	6%	13	6%	3	2%	1	2%	0	0%	6	7%	9	6%	4	6%	0	0%	10	4%	9	6%
	None	3	1%	1	3%	2	1%	0	0%	0	0%	0	0%	1	1%	1	1%	0	0%	1	1%	2	1%	1	1%
	Total	408	100%	35	100%	204	100%	122	100%	43	100%	4	100%	92	100%	162	100%	65	100%	89	100%	250	100%	158	100%

Q. Through your involvement in the Traditional Martial Arts, to what extent have you experienced improvements in the following areas of your life?

Base: All respondents, excluding 'No response' (n=408).

Confidence and self-esteem, and motivation

Area of life	Extent of improvement	Total		Q What motivated you to start participating in the Traditional Martial Arts?													
		Total		Fun		Family member participated, inspired me etc		Self-defense / safety		Empowerment, confidence and personal growth		Fitness, strength, health and activity		Friends were doing it / to make friends		Always wanted to try it	
		Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%
Self-confidence & Self-esteem	High	260	64%	13	65%	93	63%	53	63%	35	85%	68	65%	19	68%	13	65%
	Moderate	126	31%	5	25%	46	31%	30	36%	4	10%	30	29%	6	21%	6	30%
	Low	19	5%	2	10%	7	5%	1	1%	2	5%	5	5%	3	11%	1	5%
	None	3	1%	0	0%	2	1%	0	0%	0	0%	1	1%	0	0%	0	0%
	Total	408	100%	20	100%	148	100%	84	100%	41	100%	104	100%	28	100%	20	100%

Q. Through your involvement in the Traditional Martial Arts, to what extent have you experienced improvements in the following areas of your life?

Base: All respondents, excluding 'No response' (n=408).

Confidence and self-esteem and motivation (continued)

Area of life	Extent of improvement	Q What motivated you to start participating in the Traditional Martial Arts?																			
		My parents signed me up		Mental health, stress relief, discipline and determination		Interested / like / admire the sport		Domestic violence, abuse, bullying and harrassment		Friendly / community / family friendly club		Challenge myself / learn something new		Inspired by a movie / TV / demonstration / person		Tried it at school / tried a free class / tried it once and liked it		To do something for myself / do something positive		Competition	
		Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%
Self-confidence & Self-esteem	High	4	44%	15	65%	19	70%	14	56%	8	80%	23	74%	7	58%	8	62%	4	100%	2	50%
	Moderate	4	44%	6	26%	6	22%	9	36%	0	0%	6	19%	5	42%	3	23%	0	0%	1	25%
	Low	1	11%	1	4%	2	7%	1	4%	1	10%	2	6%	0	0%	2	15%	0	0%	1	25%
	None	0	0%	1	4%	0	0%	1	4%	1	10%	0	0%	0	0%	0	0%	0	0%	0	0%
	Total	9	100%	23	100%	27	100%	25	100%	10	100%	31	100%	12	100%	13	100%	4	100%	4	100%

Q. Through your involvement in the Traditional Martial Arts, to what extent have you experienced improvements in the following areas of your life?

Base: All respondents, excluding 'No response' (n=408).



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