



**BMABA**  
TO HIGH PLACES BY NARROW ROADS

Here is some evidence of the hard work we put into the community to help generations of people thrive mentally and physically.





**Resilience, Equality, Confidence, Perseverance, Excellence, Courage, Teamwork, and Respect are just a couple of our club's Values.**





We thrive on helping and supporting ALL ages, abilities, genders, and ethnicities in getting active.





**We love to support our community and pride ourselves on being a FAMILY club for everyone to be part of.**





**We create a great listening environment and help people to develop their focus during all our classes.**





We LOVE creating smiles during our classes.





**We really support empowering Girls and Ladies at our club.**





**We really focus on respect and good sportsmanship.**







**We love to inspire everyone to become more confident in themselves.**





**We like to encourage and support the younger generations.**





**We always enjoy putting on events to inspire and bring the community together. We get guest instructors, Summer Camps, Christmas Events, Gradings, Competitions, Seminars, Weapons, Board Breaking, Squad Training, Leader Events and so much More.**





**We are always pulling together as a TEAM. Helping each other compete, making new friends and creating fantastic memories.**





**We keep things exciting with our weapons training teaching Knife Defence, Tonfa, Bo Staff and the Katana to all ages.**

