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Inner West

# St Scholastica's group harness girl power

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Lisa Herbertson Inner West Courier Inner West



Kashan, Carmen, Shannon, Claire, Ella, Lucy, Ruby from St Scholasticas in Glebe. Photor: Adam Yip

Rose Smith might just be the proudest sensei in the inner west, or in the country for that matter – her St Scholastica's jujitsu squad is one of the toughest.

Smith said she thinks they may well be the only all-girl school's combat martial arts group in NSW.

The girls range in age from 11-16 years, and are in years 7 to 11 at St Scholastica's College in Glebe.

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Ella is in the St Scholasticas team.

"It is rare for girls to be so committed en masse to marital arts. The St Scholastica's dojo is a very supportive group of girls who work well together, forging friendships across all the year groups.

"Our motto is to treat each other with extra kindness and the girls do this every day. We go camping as a group twice a year, firewalking, we play night games and do seminars together. We have movie nights, make short films and in short really support each other."

But not only are the squad a great group of friends, they have also achieved great things in their sport.

## RESULTS

### May 19: National All Styles qualifying round 1

- Carmen Lia 13-15 years beginners - intermediate points & freestyle
- Carmen qualified for the State titles at NAS having to compete against black belts as there were no girls in her divisions
- Carmen achieved third place against incredible competition

Kashan is a medal winner.



### June 14: State qualifying round 2 for the Australian Martial Arts Competition

- Seven girls participating in tournament from St Scholasticas won
- Second place demonstration (team): Shannon Blacker, Lucy O'Mahony, Claire O'Mahony, Ella Smith
- 1,2,3,4th place Kata Ella Smith, Carmen Lia, Kashan Watson, Lucy O'Mahony
- 1 and 3rd place freestyle sparring - against boys and girls Carmen Lia, Kashan Watson
- 1,2 and 4th place points sparring - against boys and girls Carmen Lia, Ella Smith, Kashan Watson
- 1st, 2nd and 3rd in Sumo ( this is based on traditional sumo where the student must push an opponent out of the ring using technique - won by our smallest student!!!) Ruby Farquhar, Lucy O'Mahony and Kashan Watson
- 1st in sword. Carmen Lia
- All girls qualified for State Titles in September.



Claire helped her team to second place.

## NOMINATE

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