



MJKO's HIERARCHY OF NEEDS

MJKO is a Parkdale-based charity that uses leadership training to promote positive, healthy lifestyle choices for children and youth. With certified coaches, MJKO builds Community Champions by focusing on the needs of the whole person through non-contact boxing, which includes physical training (skipping, shadow boxing, defense moves) and mental skills training (visualization and meditation). Our programs allow students to develop an appreciation for physical fitness, inclusive communities, mindfulness, healthy eating and volunteerism.

Self-actualization

We strive to help young people pursue their dreams and become positive members of society as **Community Champions**.

Esteem & Confidence

We build our participants self-esteem. The process is highly contextual and unique to each person. MJKO nurtures relationships, mentors and provides **paid employment opportunities** for our participants.

Love & Belonging

Participants feel they belong to an **extended family**. The MJKO team creates an environment of trust, belonging and community. Our MJKO family embraces their lived experiences, differences, and creates a healthy culture of **inclusion, love, health and success for all**.

Safety

For children & youth affected by trauma, **non-contact boxing helps restore a baseline of safety and relaxation**. Through daily training, the repetition of defense moves, mental health exercises, fear is transformed into to positive energy, confidence and empowerment. Our founder and Head Coach, Miranda Kamal knows firsthand through lived experience that healing through boxing is possible. Kamal, was the victim of an assault at 16 and spent years in flight mode. It was only after taking up the sport of boxing that she regained her sense of safety.

Physiological

MJKO provides **fresh, healthy food** and a **safe space six days** a week in the MJKO Champions Centre at no cost.

