

## **Maryam Nateghi-Braun**

Owner / Instructor

Evolution Martial Arts Parkland

### **Martial Arts Accomplishments**

- Have been involved in the Martial Arts for 18 years
- Trained in Tae Kwon Do, Israeli Self Defense, Karate, Kung Fu, Brazilian JuJitsu
- Trained in Okinawan Kabudo weapons (Bo with Tadashi Yamashita)
- ISKA National Judge Certification
- Trained in Israeli Knife and Gun Defense instructor Mike Lee Kanarek

### **Martial Arts Experience**

When I started training in the martial arts I knew very little about it. I thought I was taking class for a good workout. Little did I realize the life changing effects the Martial Arts provides. Not only was I getting the best workout of my life, I was working my mind and my body, all while learning how to protect myself. As I continued my training, and eventually started my studies to become a teacher, I realized that the only way to bring my two loves together, teaching and fitness, was to teach martial arts. Everyday I get to do what I love best, all while teaching children, teens, women, and men how to protect their body, their mind, and whatever means the most to them in their lives.

### **Education**

- Florida Atlantic University Undergraduate studies in Elementary Education
- Florida Atlantic University Graduate studies in Educational Technology and Research
- Certified By the State of Florida in Elementary Education

### **Community Services**

Evolution Martial Arts Parkland is constantly involved in the local community through city and school functions. In addition to volunteering time at the local elementary schools, and being Partners in Education, EMA Parkland tries to reach beyond, for example, most recently partnering with Kimberly-Clark to raise \$2000 for UNICEF.