

Self-Defense and Empowerment Training

With



&

Mary Amato

Karate & Self-Defense Expert

Saturday, April 3, 2021

A word from UCA President Haipai Shue



Instructor: Mary Amato



Assistants: Evie Sly and Dr. Sen Xu



Support: Tim, Jennifer, Lily, Xiaohong

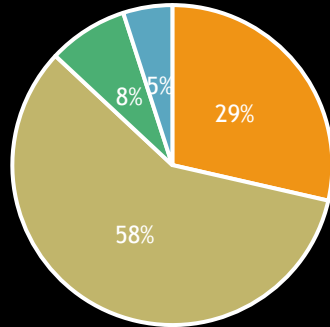
And special thanks to
Gary Yu and **Juan Zhang**
for their wonderful promotion!



Out of 322 respondents:

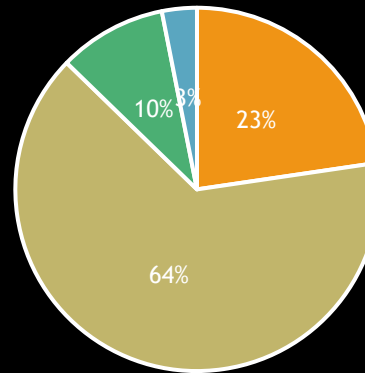
87% agreed with...

I have experienced an increased level of anxiety and fear since the COVID-19 pandemic.



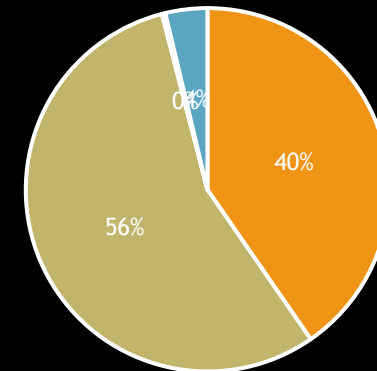
87% agreed with...

The Atlanta shooting and other anti-Asian hate crimes have negatively impacted my mental health.



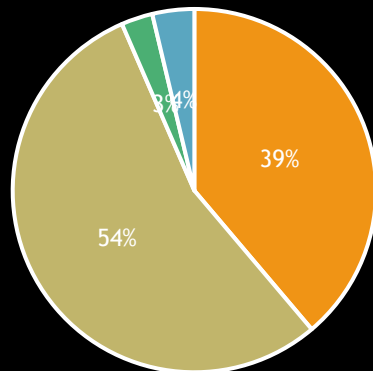
96% agreed with...

I want to learn how to deal with anti-Asian hate crime and hate/bias incidents.



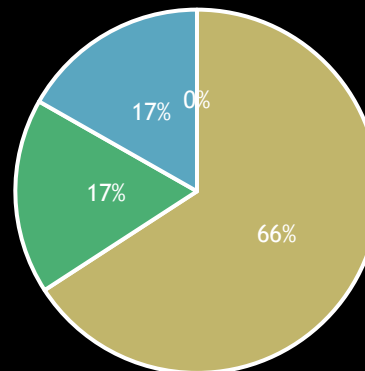
93% agreed with...

I am concerned about the safety of my family and myself.



66% agreed with...

My concern for my safety has impacted aspects of my daily life.



You are not alone.

Q&A with Mary Amato and Dr. Sen Xu

- Please submit your questions in the Q&A box.
- Questions can be directed to **Mary** (regarding self-defense and empowerment) or **Dr. Xu** (regarding mental health, anti-Asian racism).
- They will either reply back to you via text in the Q&A window or answer your question live.
- Please also fill out our **post-survey** here:



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Find **@mary_amato**
on Instagram or on Facebook, and in
American Karate Association (AKA) at
akakarate.com/athlete/mary-amato/

View our compilation of resources
addressing **anti-Asian racism** here:

