



About Us:

The project is dedicated to empowering women through martial arts in the form of karate. We aim to build sustainable empowerment by fostering strength, emotional resilience, self-confidence, and control through the practice of karate with physical training and theoretical knowledge.

Participants in FSE project are co-creators, having active voice in how the project is implemented and expanded. This involvement not only helps participants build leadership skills, but also a strong sense of community. The skills we cultivate in the project will aid in navigating challenges in personal and professional endeavours.

For more information about our project and how to reach us, please see below!



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Fighting for Sustainable Empowerment

By Fabiana Turelli
& co-creators



Dr. Fabiana Turelli

Dr. Fabiana Turelli is the Principal Investigator of the Fighting for Sustainable Empowerment (FSE) research project and an Assistant Professor in the Faculty of Kinesiology and Recreation Management at the University of Manitoba. She has been a martial arts and combat sports (MACS) practitioner for more than 30 years and believes that MACS have the capacity to holistically and sustainably empower and heal people, particularly those who identify as women.



Additional Resources

Tune in to our CBC Radio interview with Nadia Kidwai for the inside scoop on the project and a behind-the-scenes look at the unexpected fun that go down during training – you won't want to miss it!



Ep. 1: "A New Approach to Karate for Women"



Ep. 2: "A New Approach to Karate for Women"

FSE Pedagogical Model

The aim of the project is to move beyond traditional practices of karate by creating a teaching model that incorporates feminist theory critical to building tools for self-confidence and mental and physical well-being. By amending how Martial Arts and Combat Sports are commonly taught, the FSE project and model will build more safer and accepting spaces for women to practice MACS.



Liam Marshall

Liam Marshall is part of the FSE project as our Sensei (Karate instructor). Sensei Liam has trained in Karate for over 20 years, becoming the Manitoba Provincial Champion in 2015. As a Sensei, he is dedicated to ensuring Karate is accessible and meaningful to everyone.