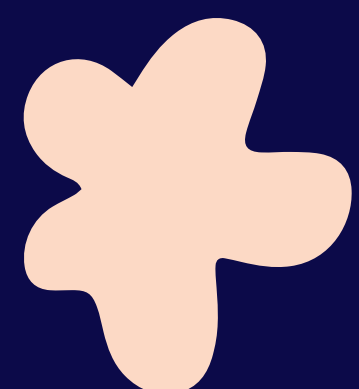
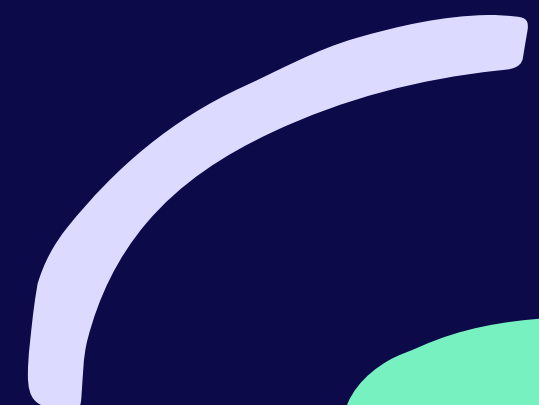
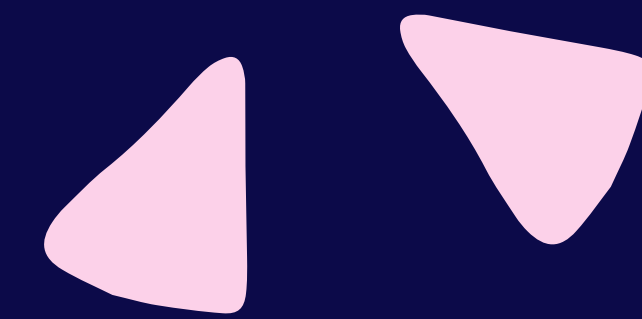
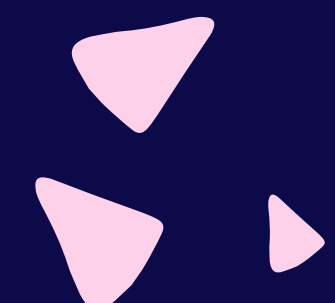


CONSCIOUS COMBAT CLUB



IMPACT REPORT

FY 25-26



Let's talk impact.

Fighting to end gender-based violence can sometimes feel like an insurmountable goal. Every week there are more deaths and more victims, with no end in sight. While zooming out is hard, zooming in on each of the 131 women and gender-diverse people we supported in the past year is what gives me hope.

For us, it's always been depth of impact, rather than breadth of impact. We know how powerful community is, and thanks to hundreds of donors, we've been able to offer a built-for-purpose, full-time trauma-informed martial arts space. A gym with daily classes so that victim-survivors can juggle work and childcare commitments, and have open-ended access to the tools that support their healing should they wish. In the first two months of classes I see friendships bloom, and over years they truly develop into a community.

So, how do martial arts help victim-survivors heal from violence? This year's impact measurement highlights how important trauma-informed principles are in making spaces accessible for victim-survivors. By prioritizing safety, trust, collaboration, support and respect (page 7), we have created a space where our members feel they can bring their whole selves (page 9). We must do no harm, before we can do good.

Our impact measurement shows that our members have gone beyond building foundational martial arts skills. They have improved resilience, improved emotional regulation and are better at boundary setting (page 10). After 8 weeks of both trauma-informed kickboxing (page 11) and jiu jitsu (page 13), they are measurably better at trusting, not-distracting, attention regulation, noticing, body listening, not-worrying, emotional awareness and self-regulation.

In the words of one of our members: "The healing component of completing something that trauma has taken out of your reach is inexplicable. I feel much more brave and limitless than before. Like stepping into my power."

Thank you to all our donors, volunteers and supporters. We couldn't do this without you.



Georgia Verry

Founder / CEO

Impact Metrics at a Glance

Conscious Combat Club (CCC) is a Melbourne-based trauma-informed martial arts organisation supporting women and gender-diverse victim-survivors of gender-based violence to heal and grow. FY25-26 was a year of significant growth in both volume and depth of impact.

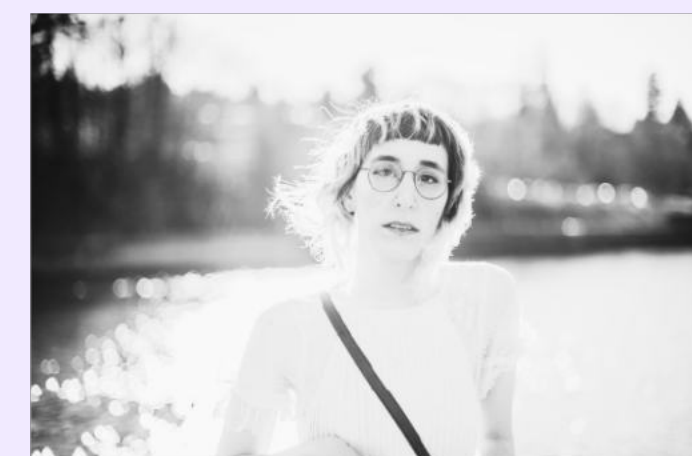
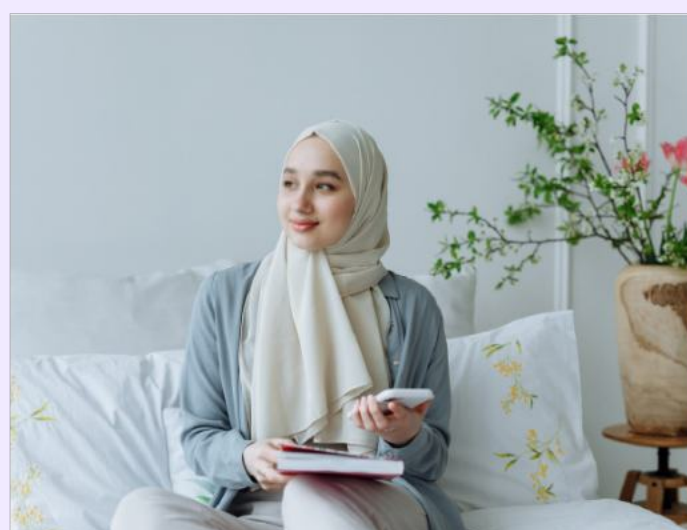
Key activities

- Delivered 334 trauma-informed kickboxing classes (n=131)
- Delivered 8 trauma-informed jiu jitsu classes for our latest pilot program (n=10)
- Delivered 32 trauma-informed boxing classes as part of an academic trial of trauma and violence-informed cardio boxing for intimate partner violence survivors (n=32)
- Hosted Rounds for Respect 2025, our flagship peer-to-peer fundraiser, raising \$60,647.72 with 142 participants.

Key Metrics

- Post program survey completed after 8 trauma-informed kickboxing classes (n=45)
- Pre and post trauma-informed kickboxing program comparison of the multi-dimensional assessment for interoceptive awareness (MAIA) (n=6)
- Post program survey completed after 8 trauma-informed jiu jitsu classes (n=10)
- Pre and post trauma-informed jiu jitsu program comparison of the multi-dimensional assessment for interoceptive awareness (MAIA), PTSD symptoms (PCL-5) and quality of life (WHO-QOL) (n=10)

Women are disproportionately affected by trauma, with gender-based violence a dominant source.



1 in 3

women have experienced physical violence since the age of 15





CONSCIOUS COMBAT CLUB (CCC)

A safe and affordable space for women living with trauma to **reclaim their body, confidence and strength through trauma-informed martial arts.**



Theory of change

The problem

Survivors of gender-based violence experience a range of negative impacts on their health and wellbeing.

And over than 51% of Australians¹ are vulnerable to, or have already experienced trauma, including: women, trans women, non-binary people and LGBTQIA+ people.

Negative impacts of gender-based violence include:

- Reduced confidence
- Poor mental health
- Trauma-related disorders including PTSD
- Poor self-esteem
- Body disconnection.

The solution

A safe space for women living with trauma to reclaim their body, confidence and strength through trauma-informed martial arts.

Martial arts classes

Purposefully designed to equip women and gender-diverse people with the skills to combat the long-term impacts of domestic and family violence.

Space

A dedicated trauma-informed movement centre for survivors to come together.

- Fully accessible
- Calming room
- All-gender bathrooms
- Trauma-informed design

People

To create a safe space, we need the right people and we need to look after them. Trust and familiar faces are vital for survivors.

Outcomes for participants

Short-term 0-6 months

Feel safe, respected, and included.
Improved wellbeing.
Reconnect with their body.
Improve emotional regulation and boundary setting.
Build foundational martial arts skills.

Medium-term 6 months - 3 years

Self-reported improvements in daily functioning.
Greater ability to manage triggers and emotions.
Strong relationships that reduce isolation.
Improved mental health and reduced trauma symptoms.
Lower risk of revictimisation among participants.

Long-term 3-5 years

Sustained physical, emotional, and confidence gains.
Stronger relationships.
Increased participation in community, education, and/or work.
Lasting reduction in revictimisation risk.

Long-term outcome

**CCC continues to disrupt
gender-based violence through
recovery and prevention**



Why ‘trauma-informed’?

Being trauma-informed means fitting a person’s individual needs, rather than asking them to fit a program. It’s designed to prevent re-traumatisation and facilitate healing. We use the Substance Abuse and Mental Health Services Administration (SAMHSA) model:



Choice

Survivors have a significant role in planning and participating in the program: they have choice and control. There is a strong emphasis on collaboration, with no linear progression required.

What our community says:

"The CCC has made me realise that even when I am feeling under the weather, or unmotivated, that exercise can make me feel better. It has also helped me redefine what exercise is, and realise I don't have to push myself further than I want or need to."



Trust

Trust and transparency begins with a description of what will happen, and becomes real when actions echo those words. Classes are consistent and feature predictable routines.

What our community says:

"[CCC helped me] to trust that others will listen and take my boundaries seriously. [The program increased my] trust in my abilities, [and] increased [my] resilience around challenging physical and emotional scenarios."



Respect

Respecting diversity in all forms by welcoming people from all backgrounds, all sexual orientations and gender identities, while being body-inclusive.

What our community says:

"I loved my time doing the beginners course at (CCC). The environment is welcoming, safe, and everyone can set their own pace. The people in the course are very inclusive and supportive. It's been great reconnecting with my body and feeling its power."



Safety

Ensuring physical and emotional safety with a welcoming environment, supported by fellow survivors and supporters.

What our community says:

"I found CCC when I was at a very low point after escaping an abusive relationship... The class was a safe space and became a silver lining in my story."



Support

Overcoming self-isolation to interact with others, especially other women who have survived violence is an important feature of trauma recovery

What our community says:

"Participating in trauma-informed martial arts has made me feel empowered and connected to others with similar lived experiences."

A snapshot of impact in 2025-26

334

Classes delivered

131

Women and gender-diverse
people supported

92

Net Promoter Score

69%

Improvement in body connection
after 8 kickboxing classes
compared to before the program

More confidence

92.5% of respondents felt their confidence
had improved since starting with CCC

Better grounding

97.5% of participants found the
grounding skills useful.

Better boundary setting

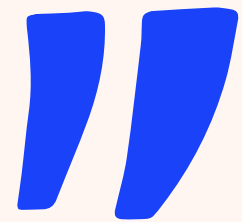
90.0% of participants found the boundary
setting/choice making skills useful.

More resilience

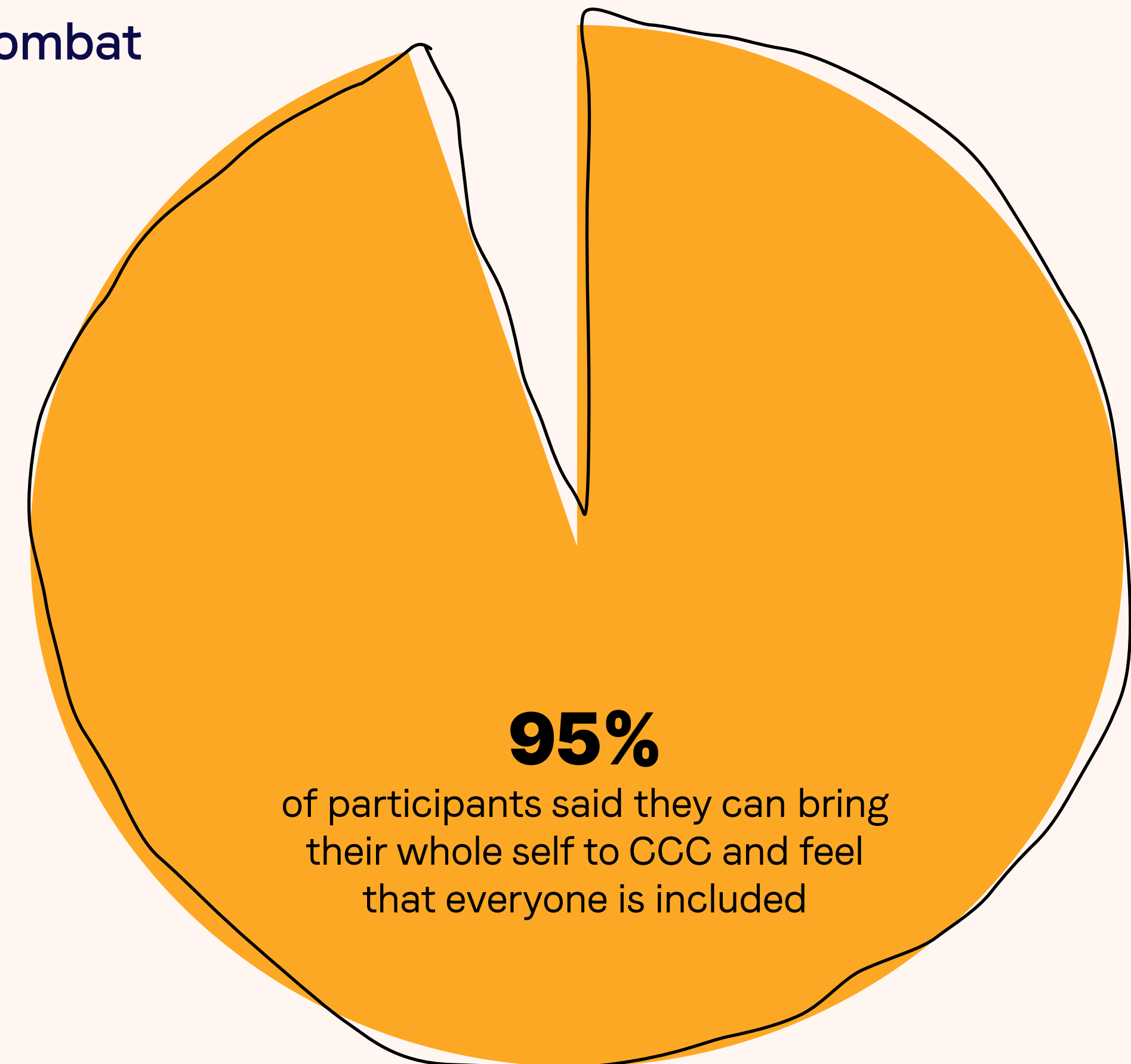
92.5% of participants felt their resilience had
improved since starting with CCC

Victim-survivors feel safe, respected, and included.

Feedback consistently named CCC as fundamentally different from mainstream gyms and martial arts spaces. We are calmer, non-judgmental, and free of the intimidation many associate with combat sports.



"I didn't need to carry the weight of hyper vigilance, devise an exit plan that was rooted in fear, or heavily mask myself just to fit in as a neurotypical. I could learn to be as present in my body as I could tolerate, starting to embrace being Autistic and ADHD."



Victim-survivors have improved resilience, emotional regulation and boundary setting.

Participants consistently described learning practical tools for regulating big emotions, particularly anger, without shame or harm. Boundary setting was described this as one of the program's most transferable skills, extending well beyond the studio into daily life and relationships.



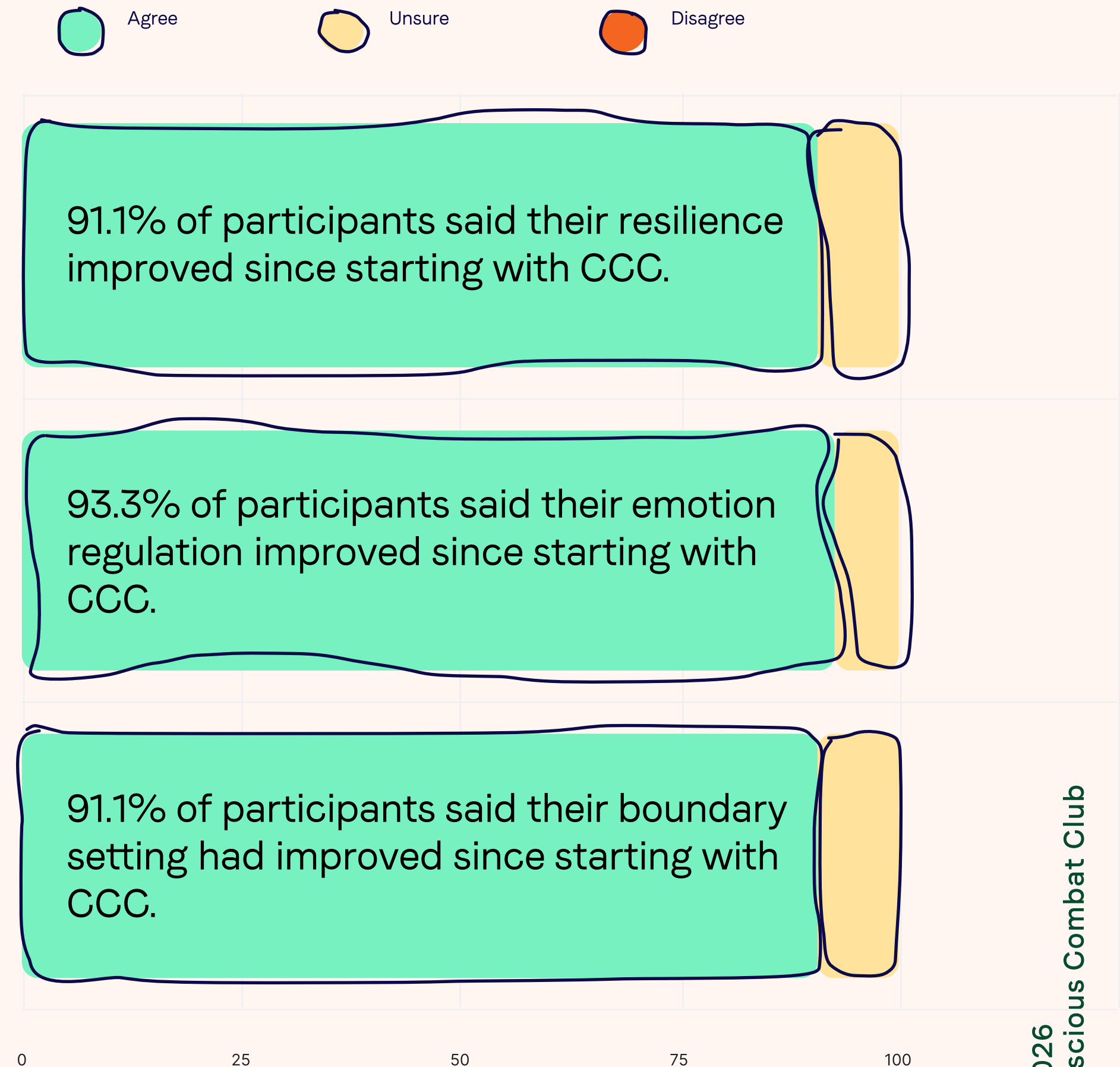
"Empowered and confident, my resilience and mental health has improved so much since joining CCC."



"The grounding techniques were great, found myself using them all the time without even consciously thinking of it."



"The pad-work in pairs allowed me to experiment with setting boundaries on how I wanted to interact/how much strength to use... which taught me how to respect myself and my limits."

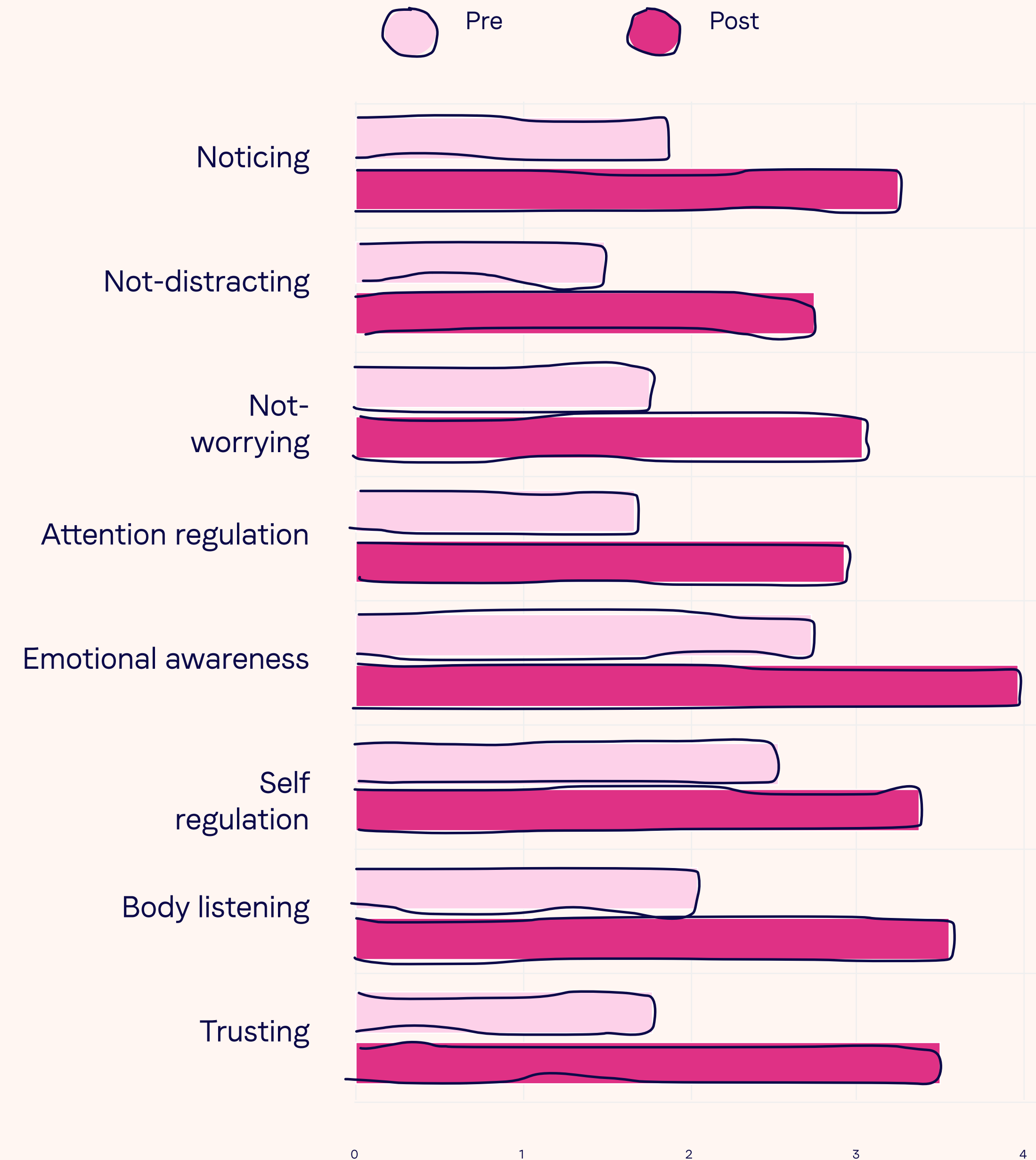


Victim-survivors reconnect with their bodies.

Average improvement: 69%

Using the Multidimensional Assessment of Interoceptive Awareness (MAIA), a validated psychometric tool, CCC measured participants' body awareness before and after 8 trauma-informed kickboxing classes. Average improvement across all eight subscales was 69%, with the largest gain in trusting (whether someone experiences their body as safe) at 97%.

"I have definitely become more conscious of my body's position in time and space... by the later classes this kind of interoception had started to come more naturally, which I was really proud of."



Trauma-informed Jiu-Jitsu pilot

Jiu jitsu is a combat sport and self-defence system which relies on technique, leverage, and body awareness rather than strikes. Many of its core positions mirror situations that victim-survivors of sexual assault have experienced. Learning to escape and reverse these positions can be both triggering and profoundly empowering.

Thanks to a grant from Slater and Gordon and funds raised at Rounds for Respect 2025, we ran our first eight-week trauma-informed Jiu-Jitsu pilot (n=10) in March 2026.

The pilot had a 90% completion rate and 70% of participants expressed that they would like to continue with Jiu-Jitsu. Feedback was overall positive, with participants repeatedly describing feeling “empowered,” “proud,” “strong,” and “resilient”. Similar to kickboxing, participants shared that they got better at setting boundaries, bodily connection and that they felt safe to get outside their comfort zone. Unique to Jiu-Jitsu was the inclusion of constraint-led games where participants practiced live problem solving while competing against a partner. For example, one person aiming to keep their feet on their partner, and the other trying to move around their partner’s feet. Participants described these games as bringing child-like play into their adult worlds.



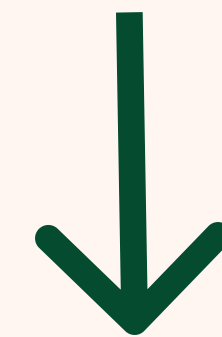
“The healing component of completing something that trauma has taken out of your reach is inexplicable. I feel much more brave and limitless than before. Like stepping into my power.”

Trauma-informed Jiu-Jitsu pilot

The 8-week program was evaluated using three validated instruments measuring PTSD symptoms (PCL-5), quality of life (WHO-QOL), and interoceptive awareness (MAIA). Measures were completed prior to the first class, and then repeated after eight weekly classes.



"My triggers started feeling slightly desensitised, and it was empowering to know I wouldn't just crumble."



14.7%

Reduction in PTSD symptoms (PCL-5)



"I always felt better after class. On days after class, I experienced less depression & more of a feeling of a fuller life. Showing maybe I don't just have to survive forever."



4.2%

Improvement in Quality of life (WHO-QOL), driven by the psychological domain (+10.9%)



"I've always struggled with being 'in' my body, or even noticing what I'm feeling... which I'm used to disassociating from... I think BJJ has forced me to practice more mind-body presence – I've noticed I feel a bit more 'in control' of my body, like it's part of me."



15–24%

Improvement in Interoception (MAIA) across subscales, largest gains in trust in the body



Trauma-informed Jiu-Jitsu pilot learnings

Based on participant feedback we have implemented the following adaptations to our approach for round 2 of the pilot:

Structured check-ins

We added a clear structure to all partner work: agree on intensity, have a try, report back to each other as to how the intensity was experienced, adjust for any gap in expectation and repeat.

Practice tapping

Feedback was that learning to 'tap' at the end would have been better if exposed to this early on. We've added tapping practice to all classes even where there aren't submissions.

Assume best intent

Alongside the structured check-ins, we added a reminder at the start of each class that everyone is learning so increases in intensity are more likely to be accidents than malicious. We want to assume best intent from our training partners.

Longer classes

We added 15 minutes to the sessions so that they feel less rushed.

Trauma and violence-informed cardio boxing for women who have experienced intimate partner violence

In partnership with PhD candidate Thea Baker at Deakin University's Institute for Physical Activity and Nutrition (IPAN), CCC supported an eight-week trauma and violence-informed cardio boxing program for women with lived experience of intimate partner violence. The trial, involving 32 participants, combined psychoeducation with non-contact cardio boxing to explore its impact on mental health and wellbeing.

Early findings point to strong feasibility and acceptability, with the significant majority of participants reporting a positive impact on their mental health. A full academic paper detailing the trial's results is currently undergoing peer review, and we look forward to sharing the published findings once available.



142 participants

On November 30th 2025, 142 people of all genders came together to fundraise for Conscious Combat Club.

62 rounds

Each round represented a woman's life lost to violence in 2025 at the time of the event. A powerful reminder of the severity of gender-based violence in Australia.

653 donors

We engaged hundreds of donors and thousands of people online to bring awareness to gender-based violence.

\$60,647.72 raised

We reached our fundraising target and as a result hired 2 new facilitators, secured a new lease and tripled our weekly class options. This enabled us to increase the volume of classes delivered by 94% and support 60% more victim-survivors compared to the prior year.

Where we're heading

Oct 2026

New kickboxing programs

We have 2 new programs starting: A pilot with the Northern Centre Against Sexual Assault (NCASA), and a pop up in Spotswood to help service Melbourne's west.

Nov 2026

Rounds for Respect 3.0

Our third annual Rounds for Respect will include pilots for satellite venues locally and interstate.

Feb 2027

Formalise trauma-informed jiu jitsu

After a year of pilots we will integrate trauma-informed jiu jitsu into our full-time timetable.

Jan 2027

Build body of research

We've partnered with a PhD candidate at Swinburne University to evaluate our trauma-informed kickboxing and jiu jitsu programs.

2028-2030

A Conscious Combat Club in every state

Plan and execute our interstate growth model to have a studio in each capital city.

How to help

If you’re feeling inspired to support our ongoing trauma-informed martial arts programs, we’d love to work with you. There are 5 ways you can help:

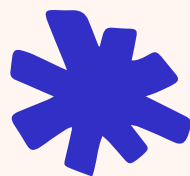
<https://consciouscombat.club/pages/how-to-support-us>



Corporate Workshop

Your team gets the same evidence-backed tools – emotion regulation, body awareness, boundary setting – and your booking funds subsidised access for those who need it most.

[Book a workshop](#)



Corporate Partners

We're looking for companies who share our passion for a world free from violence. Partner with us year-round, or get focused exposure through our Rounds for Respect campaign.

[Partner with us](#)



Tax-deductible donation

CCC is a registered DGR organisation, so any donation over \$2 is tax-deductible – changing lives while reducing your taxable income this financial year.

[Donate](#)



Donate equipment

In class we use boxing gloves, focus mitts, thai pads, belly pads, grappling dummies and punching bags – and we lend the same gear to members to take home.

[Offer equipment](#)



Volunteer at R4R

Rounds for Respect (R4R) is our annual fundraiser. Volunteer roles include set-up, pack-down, raffle and merch sales, photography, videography, first aid and more.

[Volunteer](#)

A knock-out team of women bringing diverse experience to the mats



Georgia Verry
Founder / CEO

Georgia (she/her) is the founder of the Conscious Combat Club and a sought-after speaker who has delivered workshops on trauma-informed martial arts across Australia and internationally.

Georgia holds a Bachelor of Exercise Science and brings 7 years of industry experience working with a diverse range of clients. Her work is grounded in both practice and research: she has collaborated with researchers at Deakin University and Swinburne University to evaluate trauma-informed martial arts programs, and has co-authored practitioner essays published in peer-reviewed journals with teams in the United States and the Netherlands.

Georgia earned her karate black belt at 20, has competed professionally in Muay Thai, and holds a purple belt in Brazilian Jiu Jitsu.

In 2025, Georgia was awarded the Inclusive Coach of the Year by Pride in Sport, recognising her commitment to building safe, affirming spaces in sport for all people.



Katie McQuaid
Facilitator

Katie (she/her) is an impact evaluation specialist, martial artist, and researcher with a background spanning environmental science, social value, and sustainable finance. Bringing 7 years experience measuring impact across the ESG sector, Katie manages CCC's impact evaluation and facilitates trauma-informed kickboxing classes.

Outside of her research and evaluation work, Katie has over 20 years of experience in Taekwondo and mixed martial arts. She deeply believes in the power of martial arts to help women reclaim their bodies and confidence, and aims to create a space where everyone feels supported to experience that.



Natalie Smith
Facilitator

Natalie (she/her) is a passionate advocate within the community services space, working professionally as a Specialist Family Violence Practitioner.

She has been training within traditional martial arts settings since 2001 and holds a black belt in Bushido Freestyle Karate, in addition to also training in Brazilian Jiu Jitsu, MMA and Kickboxing. Natalie is passionate about empowering women, and ensuring that martial arts are safe and accessible.



Meaghan Li
Facilitator

Meaghan (she/her) is a Product Designer, Muay Thai kickboxer, and community builder who brings martial arts, creativity, and care together in everything she does. At Conscious Combat Club, Meaghan teaches trauma-informed kickboxing classes and runs self-defence workshops for activists in the LGBTQ+ community.

By day, Meaghan works in product design, a practice that sharpens her eye for how systems, spaces, and experiences can be shaped to genuinely serve people. By night, she's on the mats, training Muay Thai and putting that same intention into building inclusive, empowering environments through movement..

A winning combo of smarts and hearts



Claire Allen

Chairperson

As experienced LGBTQ+ inclusion manager with a long history in the not-for-profit sector, Claire (she/her) leads the way with fundraising and evidence-based practice.



Bruce Wade

Company Secretary

Bruce (he/him) is a senior executive and board director with extensive experience in organisational growth, financial services, and governance across Australia, the Middle East and Asia.



Temple Saville

Board Member

Temple (she/her) is a practicing Barrister with over 15 years of experience. She brings deep legal knowledge, 6 years' experience in kickboxing and a deep commitment to empowering women.



Leesa Miller

Board Member

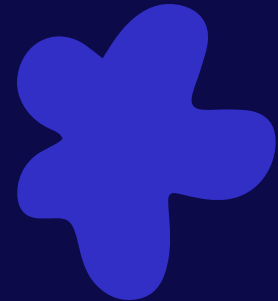
Leesa (she/her) is a Finance executive with 25 years experience across Not For Profit and commercial sectors from small start up to large scale national operations.



Mandy Xie

Board Member

Mandy (she/her) is a strategic business leader working with global brands in insurance, retail and telco across APAC. An experienced boxer and jiu jitsu practitioner, she specialises in creating shared value between for-purpose and for-profit sectors.



Georgia Verry

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