



For Immediate Release

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MARTIAL YOU kicks off 1 Month Campaign to Raise Funds for Martial Art Pilot Program in Bangor

Bangor, ME – Local non-profit MARTIAL YOU is in a race against time to raise funds for a new traditional martial arts pilot program to be located on 127 Hammond Street in Bangor; also the future home of Young's MMA.

Just shy of MARTIAL YOU's 2 year anniversary of gaining non-profit status in May, this small non-profit has been given the opportunity to make a big difference in the community. With plans to rent alongside Young's MMA to create a Martial Arts hotspot in Bangor, MARTIAL YOU wants to break down the financial barriers members of the community may face and make traditional martial arts accessible to everyone. "It's not just about putting on a uniform and training," says MARTIAL YOU Founder and TaeKwonDo Instructor Shawn Hill. "I've seen both kids and adults gain confidence in themselves, gain discipline, increase their mental focus, learn the importance of setting personal goals, and the importance of respecting others; it's one of the best ways to help prevent bullying. It's an activity that provides people with important tools that they can apply to other aspects of their lives and everyone should have the opportunity to participate; no matter their financial situation."

MARTIAL YOU needs to quickly raise \$5,200 by April 29th in order to launch its pilot program and cover start-up costs to rent the studio space on 127 Hammond Street. Hill's plan is to collaborate with other traditional martial art instructors of different styles and use the studio as the central location for the different disciplines to come together and offer classes to the community. Not only will this be a central location for martial arts enthusiasts of all levels, but the programs facilitated by MARTIAL YOU will be accessible to everyone for a monthly membership of \$30 per person to cover operating costs. "Once this program is financially stable, we plan to build a scholarship program to completely eliminate financial barriers and ensure that everyone is able to join," says Hill.

To support this project and make a donation or to learn more, visit www.MARTIALYOU.com. Donors who give \$30 or more will also have the opportunity to be the first students of MARTIAL YOU's pilot program (donors do not have to attend these classes if they do not want to).

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MARTIAL YOU promotes and helps make accessible the benefits of martial arts through programs that foster health, well-being, integrity, and community responsibility.