

Mallika Cooper

Bio and Work
History



Mallica Cooper

Children & Youth Academic and Athletic Director

Years of experience

*Over 10 years working on programs, strategies and implementation of dynamic exercise content in person and online

Training with the best to provide the best

*Over 20 years working in the health and fitness, in the child and youth education arena.

*Fully qualified black belt and sports educator

*Experienced in running 70 plus strong teams to implement programs



About Mallica



I've been passionate about sports and exercise since I was four years old. That was when my father, Vassie Naidoo Hanshi, who is qualified at the highest ranks of karate, first introduced me to the ancient practice.

He's an 8th Degree Black Belt, and Vice President of Goju-Ryu Karate Do. Dad is also part of Seiwakai, and oversees thirty-two countries around the world. He is founder of K.I.C.K. (Karate For Inner City Kids) So I had a great teacher!

Growing up in Durban, South Africa, I experienced first hand how having exercise and focus in your life can help you overcome difficulties and stress.

My family moved to America in 2005, and karate not only helped ground me, but also enabled me to make new friends in a country that seemed strange and so different to what I had previously experienced when I was still at a young age.

I would practice in my underground parking garage with my father, as well as in parks. Practicing in these environments gave me the skills and ability to come up with exercise programs for my students which worked, even when they were dealing with the smallest and most unusual spaces!

In 2005, I got my black belt in karate. I am trained in Goju-Ryu; one of the four major styles of karate from Japan. It was created by Chogan Miyagi Hanshi (Mr Miyagi from the Karate Kid movie!)

About Mallica



During my life I endured a time when I was homeless as we struggled to make ends meet. This made me realize when I was in a position to give back, I would do everything in my power to help those less fortunate. Especially children.

My passion led me to focus on working with inner city schools, and I established great relationships with students from low income families. I would implement dietary programs as well as give them additional knowledge which enabled them to focus on other exercise. This not only took their minds off any stress or difficulty they may have been experiencing, but gave them a great outlet to let off steam.

I am proud to say some of the kids who have been through my strategies and programs have steered away from moving into a life of crime because they had an exercise regime in their life. There is no greater reward for me than that.

Now I have created exercise, fitness and health programs based on martial arts. They are designed to not only motivate, and energize, but boost mental health and de-stress. The stable of programs I have developed provide support, advice and exercise strategies for women, children with special needs, and kids who struggle to stay focused.

My goal is to empower personal, physical and emotional growth. I help my students build their self-esteem so they are required to live life with greater levels of confidence. I teach them the tools they need to do this. And it is this ethos that provides the bedrock for their lesson plans. The best part? With the majority of teaching now, these programs can be implemented online.