



SNAPSHOT

written by Sylvia & Patrick Kibler
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Sally Rose Monnes

Instructor, President & Co-Founder



Sally Rose Monnes, instructor, president and co-founder of the Fight Like a Girl Club, is empowering women all across central Virginia. Established in early 2017 to promote awareness and unity in the community, the donations-based workshops provide women with a simple and effective self-defense education to give them a strong sense of physical and emotional well being. Part of the club's mission is to use this training to inspire others to help build a society that fosters positive support for women and girls. In addition to Monnes' seven years of Martial Arts training and background in American Boxing and Korean Karate, she is a competitive fighter in Oh Do Kwan and was a two-time Grand Champion at the Mid-Atlantic All Female Karate Open in 2017 and 2018, with first places in forms and sparring.

What are the best and most challenging parts about your job?

The best part of my job is knowing that we may be helping people avoid future assault and trauma, and that our training could potentially save someone's life. The most challenging part is knowing we cannot guarantee anyone's personal safety. Our hope is that our seminars—designed to build efficient muscle memory—will provide real-life skills and the confidence to use them.

How have you grown and changed over the years?

I have changed immensely. I walk differently, I communicate more directly, and I handle confrontation like a completely different person than I used to. As a survivor, I have learned to turn past trauma into drive and determination. I hope to show other survivors we can all come out stronger and more resilient.

How do you balance all the needs of your community?

It is quite challenging. We are doing our best to demonstrate that we are an intersectional feminist organization. We are learning new ways to show our allyship to the POC community every day. We have been successful in hosting diverse workshops, and we look

forward to growing and making more efforts to show our priority in providing solidarity with minority communities.

What helps you keep on top of life and work obligations?

I work a full-time day job, I manage two bands, I am training for my Black Belt Test six days a week and the nonprofit has proven to take a lot of time and investment. I don't have a lot of time for sleep or a social life, but I find calm in my training. It helps ground me when I feel overwhelmed by deadlines or anxious about never-ending-to-do lists. I am so fortunate to have such a stellar team. Every one on our board brings something meaningful. My femmerads (assistant instructors) Jamie and Megan bring fierce and positive energy to every event. And, of course, I couldn't do any of it without my inspirational co-founder, Josh. He is my Sensei outside of F.L.A.G. Club, and he is the real reason I started this organization. We work really well together and make each other work harder.

What advice do you have for young and their parents who are aspiring to help others through their careers?

It is important to listen to other's perspectives and stay humble. If your heart is in the right place, you can't let it break your spirit.

What is one practice you've put in place to get quality time with your family/friends?

A warm, home-cooked meal. Food and music were always what brought my family together. Even as a child of divorced parents, I felt so much love at both homes listening to James Brown around the dinner table.



Sylvia and Patrick, parents of five rambunctious children, are a husband and wife team in the Charlottesville area who focus on lifestyle photography, weddings and portraiture. See their work at sylviakiblerphotography.com.

