

## Karate Over The Years

I first started martial arts lessons when I was only 5 years old, under another Sensei at a different Club.

As a child, I didn't have a good attention span at all, and so I think my mum and dad took me to Karate to see if this sport might help. However, the Sensei wasn't very strict and so I spent much of these earlier lessons running around the Dojo with about four other young children. Nevertheless, my parents continued to take me to lessons, and I managed to progress through the belts over several years until I eventually lost interest and stopped going.

Since then, I have tried many other activities such as rugby, rock climbing and sailing but it wasn't until my sister suddenly announced that she wanted to start karate lessons, and I saw how much she enjoyed it, that I started to think about doing it again.

My sister had tried several other Karate Clubs before joining the Junsui Shotokan Karate Club. I saw how much she enjoyed it and so, after a few years, I decided to give it another go and joined this Club too!

Training at JKSD allowed me to really learn the art of Karate under the guidance of a professionally dedicated Sensei, who insisted on very high karate standards. As a result of his dedication, the Club has continued to grow, and has gone from strength to strength, but, despite having over 350 members, it has somehow managed to retain its intimate 'family-club' feeling; everyone is made to feel so welcome, while also insisting as soon as they enter the Dojo, they train hard.

Steven has developed some of his students to Black Belt level, and they are now able to help and support him to run the Club and maintain the high standards he has set as a benchmark within the Club.

I have found that Karate has helped improve my own fitness levels and has pushed me beyond what I thought were my own limits during training sessions.

On a very personal level, I have had a recent health scare but, throughout this time, Steven and the Club were very supportive and continued to encourage me to keep focused on progressing and aiming to achieve the next level of my Karate journey. This has been incredibly powerful and has kept me focussed. I will give it everything I have to give, and I am grateful to this Club for helping me to keep pushing myself to achieve my potential!

Jack Strangward