What karate means to me

I have tried a variety of sports in my life; ballet, gymnastics, running etc. But none of which I have had a connection with from the first lesson. In fact, karate is one of the only sports that I have chosen to do… instead of my parents actually prompting me into doing it. Personally, I feel that this connection is due to, not only to the sport itself but the people and the discipline too. To me discipline means that you are focused and that there is a certain austerity to the club. This has always been enforced by you - the Sensei and for this I am very grateful.

In my 3 years at the club, I have constantly been trying my best, and I feel this has helped me progress at the speed that I have. While teaching and being taught, I have seen many people attempt the sport and lose interest, or feel it is too hard. But for me, quitting has never been an option. If something appears to be too hard, then that is a challenge I would like to overcome. If there is something I initially think I cannot do, then I will keep trying until I can. Surprisingly this helps me with my education, due to the fact it helps enhance my learning span and increases my ability to be focused by a prodigious amount.

Without karate, I wouldn’t be where I am today. For a start, I wouldn’t be as fit as I am now. And since I’m doing a GCSE in PE, it makes it a little easier because I am relatively fit, so doing different sports isn’t as much of a challenge as it would have been without karate. Furthermore, I wouldn’t have half the amount of self-confidence that I have today. I personally think this is because you have let me help teach the Little Tiger’s class and this has been far more beneficial for me than I could have ever imagined!

In addition to my previous points, karate has added multiple aspects to my life. – For a start discipline, this is self-explanatory as it will help me in future jobs and in general life. – Secondly commitment, because in 3 years a lot can happen and I feel my dedication to karate has only increased. – Thirdly confidence, because I feel I could now defend myself in the outside world, which is so important for a teenage girl, in what can sometimes be a threatening world. – Finally friendship, as I have gained a whole new karate family!

To conclude, gaining a black belt would mean the world to me. Not purely for the colour of the belt but for the recognition of all that it means: dedication, commitment, determination, self-discipline, respect, a role model for others and an ambassador for the club.