**What Karate means to me**

When I started Karate, over five years ago, it was just something I wanted to do to keep fit. However, over the years, Karate has become much more than just a hobby; it is a significant part of my life, and has helped sculpt me in to the person I am today.

Karate has helped me academically, as it has improved my memory from having to learn and remember the Kata and Combinations. It has also provided me with an inner-confidence and self-belief, helping me know that I can achieve anything that I put my mind to.

Being part of Junsui Shotokan Karate Do is something I am very proud of as I have developed not only my own personal ability but have also helped others to do the same.

Since the first lesson I came to, to now, I have seen the Club grow from four to five people per lesson, to over 300 members, currently. I feel I have played some part in making this happen and support the Club to grow.

I feel extremely honoured to be part of such a high standard Club, compared to others that I have trialled in the area. Years ago, I struggled to speak to people that I didn’t know and I would never have corrected an adult if I thought they were wrong, and I definitely would not have spoken in front of such large groups as we have in our Club, today. However, it’s because of Karate that I can now do all of these things. There has been such a difference in my physical and social abilities that I can’t imagine my life without Karate.

Nothing of this would have been possible without such an amazing Sensei!

Katie Strangward

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