What Karate means to me by Mia Gamble

If someone had asked me a few years ago what Karate meant to me I would say it was for fun and just to try something new. However now my answer couldn’t be more different. Karate built me a platform of confidence that enables me to do things that I would have never dreamed of in the past. The biggest and best change is it has made to my life is actually being able to speak to people. The second are the bonds I have built with people. Before joining the Karate club I was extremely shy and wouldn’t talk to anyone after three short years I truly am a different person. Joining the Karate club is the best decision I ever made because now its more than just some sport that I do in my spare time. It’s a passion I wouldn’t give up for anything. I couldn’t express enough how all the time ive spent here means to me and what a great experience this journey has been. Putting aside all the mental rewards of Karate there is also the physical side. The most obvious being the moves, combinations and Kata. I cannot tell you how amazing it feels to look at how far I have come, from beginning my journey at white belt to truly starting it now, as I train for black belt. Looking back at the pictures of me I can hardly believe that it is me. To actually receive my black belt after three years of working so hard for it would truly be the greatest and biggest achievement in my life. I also look forward for all new experiences to come as I grow.