

## **What does Karate means to you?**

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The word Karate is made of the Chinese characters Kara and Te meaning "empty hand" which might at first appearance suggest that Karate is just a style of self defence. However, when you add the suffix do (meaning way or path) the meaning of Karate completely changes as it implies that Karate goes far beyond just self defence.

This is certainly true for me as despite the fact that all of the physical training over the past few years has tested my fitness and helped me to improve my overall physical health. Karate has also helped me to improve my self-confidence and although not every lesson or grading has been easy I have enjoyed every minute of it. Despite this, for me the real meaning of Karate comes from the people that do it. This is because I believe that without the endless hours of determination, effort and resilience put in by so many people the Karate would not be the sport that it is today. Over 100 million people across the five continents practice Karate today which I think is a true reflection of the hours not only put in by students but also teachers and instructors who have helped turn Karate into the amazing sport it is today and will continue to improve it in the future. I firmly believe that anyone can do Karate as long as they are willing to work hard and be resilient as well as be willing to put in the work. I also love that in Karate you can always improve and no matter how long you have been doing karate there is always something new to learn or improve on in every lesson.

So, for me I hope it is clear that Karate is more than just a sport but it is rather something that links millions of people across the world through their resilience and determination to learn and improve.