

## **Katelyn Payne- What Karate means to me essay**

If someone asked me what karate meant to me a few years ago I wouldn't be able to answer it, as it was just a sport that I didn't really give much thought to. After joining Junsui Shotokan Karate Do it has changed my view point on karate as now I wouldn't know what I would do without it. I haven't just got a club which teaches me new moves and katas but I have got people which support me throughout the lessons, who encourage you. To me that is the most important part of karate, as you would never learn if you didn't have people correcting you and improving you.

My favourite part of karate is being able to interpret things into your own perspective, such as Bunkai. As you get to choose what selection of moves you think it is trying to portray. I also like it because everyone's is different. Which then leads to karate being not just an individual sport. As it is built with loads of different perspectives and opinions. I found out that Shotokan karate was founded by Gichin Funakoshi (1868-1957) in Tokyo in 1938. Funakoshi is considered to be the founder of the modern day karate. Born in Okinawa, he began to study karate with Yasutsune Azato. Funakoshi then introduced karate in Tokyo in 1921. This shows that karate has developed and grown over the years and has been changed as loads of people have come up with multiple ideas on how you can do moves and katas.

Karate means a lot to me as it has built my confidence up. It has taught me that I am good at something I have a passion for. I like being able to teach because I like to see people succeed and am happy when they do something right. As someone was there to teach me everything I know.

Personally, I think finding the right club that you feel comfortable in is a big part of karate. It has helped me gain strength and confidence. As I used to struggle going into karate without my wig and make up as I used to think people were judging me because I had no hair. Whereas now I never wear make-up and feel just as confident without my wig on. I think karate is also important, as it allows people to be accepted. Which shows karate is all about family and helping each other and being supportive.

Karate is also empowering because it brings out the best in everyone. It also allows people to push themselves and others. Wanting to work the hardest you possible can and perform each move with the most energy and Kime. It allows people to work hard, even if you feel like you aren't good at something, your hard work will always pay off in the end. Karate also brings out peoples mental and physical strength as you are constantly trying to put loads of energy into each move you perform. Pushing yourself to your full potential.

Overall I think karate means strength, support and family because everyone helps and pushes each other to be the best they possible can. But the main part of karate in my opinion is believing in yourself, that you can do it and having a positive mind-set throughout the lessons. It also means not being sacred of trying something new and going outside your comfort zone. A little progress each day adds up to big results. Always believe in yourself, every belt is a journey, always take time to enjoy the experience.

I am really grateful to the Senseis' without them we would not have a close unity in the club.