

## Shodan(First degree)Black Belt Essay

I have been doing karate for five years now, and I have been working very hard. Five years is not a long time to achieve an award like this. Having the responsibility of a black belt is a life changing moment. You need to know the properties and responsibilities of having a black belt. You have to be on time, respectful and grateful to the lower belts looking up to you. Being a black belt, you should be a good influence, for the people looking up to you. I take this responsibility very seriously. I know that every decision and action I take will be watched by the lower belts and sub juniors and I want to be a positive role model for them and help them in the future anyway I can. The same way my peers did for me. Without the high belts taking me under their wing and instilling their knowledge and abilities onto me, I would not be in the position I am in now.

I have looked up to every Sempai, Sensei, Shihan and Hanshi. But the one person that I have always looked up to the most has been Sensei Joselyn. She has taught me that you should never let your guard down to anyone. And to be the strongest and best version of myself that I can possibly be. Everyone has one person that they look up to more than anyone. And they look up to them so that, one day they can be just like them. If I can be half the person that my Sensei, Sempai, Shihan, and Hanshi I will be very lucky. They are not just my peers and teachers in karate but also in life. I have gone to them on many occasions for advice and guidance and they have always had amazing advice for me. I have used my training in karate in my everyday life and it has been so useful in so many aspects. Karate has taught me patience, discipline, compassion and to believe in myself. Shihan taught me something when I first started that I have taken with me into my outside world. Go on the mat as a kitten and leave a tiger. To this day it is still my moto and I interpret this as two things. 1. People will judge you and make up their minds who they think you are. But that doesn't mean it's true or that you should let someone's opinion of you affect your life. Be your true self and be the best version of yourself. At the end of the day only you know how much fight you have in you and what you're capable of. 2. Give respect at all times. You never know who will or can beat you in a fight. Respect that you may lose but try your hardest. Don't be arrogant and think you're unbeatable because there is always someone better and stronger, faster than you are. All you can do is remember your training, remain calm and respect your opponent's abilities. Don't ever underestimate someone. Be prepared for anything.

The reason I started doing karate was to boost my confidence. When I started karate I was only nine years old. I always wanted to do karate for my entire life. I remember my first day I was very nervous. But at the end of the day I had lots of fun and wanted to continue from then on. I always imagined becoming a black belt one day and I remember thinking, not long now until I become one of the black belts. Five years ago I was a very nervous and non-confident girl that had no power in herself at all. And now five years later I am a strong, powerful and brave woman, going for her black belt at only the age of fourteen.

A few years ago I started to doing the kabuto class on Saturdays, and training the sub juniors on Tuesday nights. Along with classes on Tuesday, Thursday and Saturday. I have enjoyed myself at WA karate. I have made new friends, who are now my best friends. It was an honour to get offered to go to Sydney and try to get my black belt.

So that I could keep up with karate I had to stop doing a few things so that my main focus could be karate, and that I wouldn't get distracted by other things. Getting this black belt will mean a lot to me as I have had a lot of memorable times at karate such as, getting my first belt, making new friends, getting two gold medals at the tournament back in 2015, my first time in Sydney. And now I will hopefully be able to add got black belt.

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