

How Martial Arts Impacted My Life

I started martial arts when I was 5 years old because I struggled with confidence and anxiety due to my diabetes. Ever since starting, I gained confidence and discipline that I now use in day-to-day life, giving me a sense of belonging, self-confidence, and self-worth. Over 12 years later I now am an assistant instructor training very talented and dedicated individuals. I owe a lot of my success within my lifestyle to the teachings and discipline I have learned from martial arts throughout my childhood and adolescent years so far. Martial arts has sculpted who I am as a person and how I take on challenges, giving me discipline, respect, courage, grit, and determination. So far, martial arts has directed my life and the life choices I make, for example, I have now chosen to progress onto a career in sport and fitness, as my goal is to become a personal trainer and martial arts instructor. I have used my teaching knowledge and strategies from the instructors to further aid in the successful application of methods and teachings within training sessions I hold for clients. Aiding my success within college life and my personal skillset. Martial arts has given me significant amounts of guidance and support throughout my life and still does to this day moving forward in my life, giving me structure and an insight into my future for what it holds for me as an athlete and for my career. Therefore this is something I want to further pursue in my career, as I enjoy it so much. Martial arts is my passion.

I have always thoroughly enjoyed martial arts; from the emotions and feelings it brings through accomplishing goals like experiencing the fulfilment of training others, winning a gold medal in a competition, or keeping fitness levels to a high. As well as this, martial arts has helped me to take care of my body and health, aiding to the relationship between me and my condition Type 1 diabetes. As I now can control the condition to the best of my ability with success, due to certain lifestyle choices martial arts promotes, and martial arts has influenced this along with regular exercise. I regularly train 6 times per week using methods of resistance, plyometrics, and cardiovascular training (such as karate sessions) to grow my body to be in peak condition for things such as regular training sessions, competition, and my career. The physical energy exertion from martial arts has improved the strength, power, flexibility, and coordination within my body, allowing everyday activities to be made easier. Alike taking the shopping in or lifting wood when helping my dad with his carpentry. I also utilise these gained strengths within training and for example in college life to teach and correct individuals who struggle with powerlifting movements. This vigorous exercise that is brought from martial arts also I feel has strengthened my mindset to take on any challenge that faces me, for example, within weight training, I strive to push for a higher 1RM frequently, and so has helped me in this aspect of my life as I am willing to undertake any challenge that comes my way.

In the past few years I have started training in the Team GB squad for karate. This unique and mesmerising opportunity has progressed my knowledge of karate, opening my eyes to pathways that I can progress onto becoming the best I can be. I have been able to challenge myself and progress as an athlete. The opportunity to train with immense athletes and train at high levels has given me confidence and determination to take on challenges. For example, I have developed my confidence through these training sessions and martial arts as a whole, to face challenges alike competing against potentially better, stronger competition than me, and striving for the winning outcome. I will continue to progress and grow as a competitive martial artist. I am also now qualified to compete in EKF karate competitions which is an exciting achievement and an exciting experience. Without the knowledge and expertise passed down from instructors within martial arts this

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opportunity wouldn't have been made possible. Through this I will give my all to it and the challenges it brings.

Martial arts has provided me with immense knowledge of many things, in particular, on how to protect myself and my loved ones. Knowing I can go into situations that may potentially be dangerous, like going out at night with my girlfriend, I am confident that I can deal with the situation effectively, whether that be through acting or taking myself away from the situation at hand. This fills me with security as I know my actions will be supportive of the correct outcome given the situation. And will be protective of myself and others around me. This wouldn't be possible without martial arts and in this area martial arts has significantly impacted me for the better. Martial arts is in every aspect of my life, and has become my lifestyle, every action I take has been moulded by the discipline and courage that has been taught to me within martial arts.

In becoming a black belt, the privilege has given me responsibilities and skills that have guided my success through schooling and college life, through setting me up with skills needed in those areas of my learning and career. Some of the skills I have learned and hold to a high level are leadership skills, listening skills and being a motivator. And has again sculpted me and my ways to becoming a better person a better athlete and supportive instructor.

Finally, possibly the most important impact created by martial arts for me is after taking part in martial arts for most of my life, this has kept me a grounded individual, keeping me out of trouble and chaos presented by outside threats and sources alike friends, foes, drugs, alcohol etc. Giving me direction and an indication of what is right or wrong. For example, I vow to never smoke, to never take drugs, to never drink alcohol and to abide the law. And this has been created through the meanings of life and self-discipline I believe in created by martial arts. I have been created into a trustworthy, responsible individual and have learned through martial arts that I must accept everyone's ability, accept everyone for who they are, and not try to be something that I am not.