

What does a Black Belt mean to me?

Even if everyone sees the belt as an excessive clothing accessory, a black belt to me has felt like an achievement and a destination. This is because I have used up about 10 years of my life to get to a standard where I can think back to the past and say how much I have improved on something. Because of martial arts in general, it has improved my wellbeing, skills plus understanding by improving components such as focus, patience and more which I applied in the school classroom to benefit more from every single class.

As someone who has been doing martial arts consistently for quite a few years, it also helped me out by keeping me in shape as it includes all the physical activities inside karate and all the fitness that's involved in gradings. Plus, as I don't really do any other extracurricular other than school (PE) with this kind of physical "training" in a sense, if weren't for martial arts, I could have developed a bad mental and physical attitude.

When I think of it, being a black belt is a staple in my memory not just because of my progression and success I have made but because of how amusing it was in the first place which is the reason I stayed plus the reason why I am going for something higher and writing about the subject of a black belt in the first place. I think it is safe to say that karate had a big impact on my life and even the people around me.

As a black belt right now, the things I have learnt just to become one can/are very important for me today and even later in the future. For example, I decided to start going out my comfort zone, so I was able to start doing more acts in front of people because of things I did in the dojo such as doing competitions and helping in classes, this has helped me with things such as talking to customers (job) and interaction in general etc.

And for the future, I can say I have high hopes for what can happen in the future and when something else significant possibly happens, I will be ready to take the opportunity or challenge and head right into success and if not, I will learn from mistakes and when or if I can, I can attempt it again or reflect on how I could of done something else and use that knowledge to my advantage for another situation.

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