

In the past, I may have shied away from trying new experiences or joining in on new activities. Martial arts has boosted my confidence. Now, I look for new experiences and have the confidence to tackle the ones that were difficult for me.

Confidence is when you have no doubt about your abilities. I feel that confidence is one of the most important qualities for a person to possess. Without confidence goals are much harder to achieve.

School work is not always easy for me. Before I began training for my black belt, homework and class work were very frustrating. I have used my martial arts training to help me focus and complete my schoolwork tasks. Because of my black belt training, I have been able to organize my notes and thoughts as well as my belongings. This organization has allowed me to study more easily. Tests are easier to take and new information is easier for me to understand. I no longer give up when things are hard for me to understand. I try and try again and ask for help when I need it. Karate has taught me that perseverance is the key to achieving difficult goals.

When I was in second grade, all of the town kids were given the opportunity to participate in a theatre production. As much as I wanted to do it, I was too afraid to try, and the opportunity was gone. The next year I did not let that opportunity pass. I went and tried out for the play. I found out how much I loved being on stage in front of everyone, and showing them what I can do. My martial art training helped me in this situation. I was confident in myself and not afraid to be in front of all of those people. I showed myself that being afraid makes you miss out on good, inspirational things in life. Last year, I earned a lead part in the play. I was very proud of myself. I am not afraid to try new things, even if I fail. I have learned that trying is better than not trying at all. I am looking forward to the play this year.

Working with the younger kids is something that I always wanted to do. It is a pleasure and an honor to do it. I feel very appreciated when I get invited into the pee wee class. It makes me proud and I know that I am invited because of my knowledge of

the techniques. Karate has taught me discipline. Practicing techniques and kata, even when there are other fun things to do, have made me able to help teach.

Martial arts is great exercise. It keeps me fit and allows me to eat the things that I enjoy. I like to eat a lot of food! It gives me the tools to make myself physically better. I have seen an improvement in gym class at school. This year I was the first girl in my class to finish the mile. And I even beat some of the boys. I was very proud of that. My training will stay with me as I get older, and I can never see myself stopping my training or not exercising.

My parents always say “Nothing is ever going to be handed to you”. They say “work hard, try your best and practice, practice practice and when you’re done practicing, practice again”. Martial arts will follow me though every part of my life. School, friendships and eventually jobs and a career will be better because of it. Because of my training at Amorosi’s I have become a better student, sister, friend and a stronger, more physically fit person.

Arigato Shihan!