

My Journey to Black Belt

By: Antonio Landi

Martial arts has drastically changed my life. It has benefitted me not just physically, but mentally too. I am now a lot stronger than I was when I joined. I couldn't even do ten push ups back then, five years ago. Also, I am a lot more knowledgeable, I know not to pick fights anymore or get in unnecessary arguments with people too thanks to the moral teachings. I do not know where I would be without martial arts. I am extremely honored for the opportunity to be a Cho Dan, which means first degree black belt.

I feel that martial arts is a one of the greatest things you can practice. It's not just any old sport like football or basketball, it has a deeper meaning behind it. Many people who are practitioners of martial arts are often wiser and at peace with themselves. This is because you're also challenging your mind and not just learning how to defend yourself, you learn to try to stop a fight with your words, not your fists. I feel that Golden Tiger Karate is one of the greatest places to learn martial arts. You learn a lot of useful things from handy fighting and grappling moves, to moral teachings that are just as important. Plus, there are great Instructors. Golden Tiger Karate has probably given me a better future.

I want to become a black belt for a lot of reasons like being able to learn new things. There is a lot of interesting things you can learn after becoming a black belt like sword katas. Also, I want to be a black belt because I want to be an instructor. I want to help lower ranks by teaching them techniques and helping them with things they need to work on. Being a black belt represents honor and discipline. In my opinion, a black belt is a milestone, it's not the end of my martial arts career, it's more like a beginning to a whole new side of it.

My goals as a Cho Dan are to help and instruct lower ranks, but also to learn new things and advance to even higher degrees. I feel I am ready to uphold the duties of a black belt. I have been training for this for many years and preparing along the way by instructing the class every once in a while through warm-ups, and even helping other students. I feel that I have an awesome relationship with my instructors. They have taught me many things and they are more than just friends or instructors to me, they are my role models and mentors.

My future goals for martial arts are to stay at Golden Tiger Karate for as long as I can, and help students progress on their way to black belt. I also wish to advance to even further black belt degrees. I hope I can practice martial arts my whole life and learn a lot more. Finally, I thank my instructors for helping me get this far, without them I don't think I could have done the things I've accomplished.