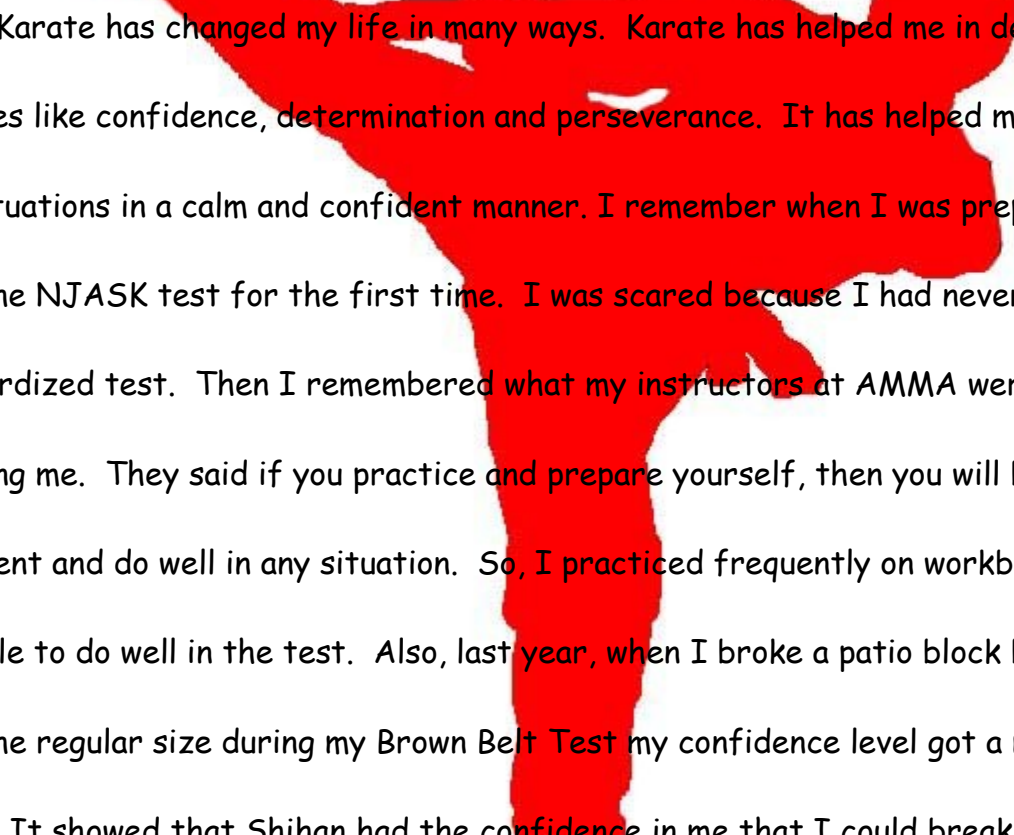


# Black Belt Test Essay



Karate has changed my life in many ways. Karate has helped me in developing qualities like confidence, determination and perseverance. It has helped me face new situations in a calm and confident manner. I remember when I was preparing to take the NJASK test for the first time. I was scared because I had never taken a standardized test. Then I remembered what my instructors at AMMA were teaching me. They said if you practice and prepare yourself, then you will be confident and do well in any situation. So, I practiced frequently on workbooks and was able to do well in the test. Also, last year, when I broke a patio block bigger than the regular size during my Brown Belt Test my confidence level got a major boost. It showed that Shihan had the confidence in me that I could break a bigger patio block.

Karate has also helped me with being a determined person. Through karate I became more determined, because I had to work hard at every stage for the

different belts by using my will power and my desire to pursue the goal. This became useful when I was playing a basketball game for the recreation league. Our team was down by 15 points. Even so, my team and I were determined to win this game, so we played with our hearts and started scoring. Soon the game had concluded and the scoreboard read 42-40. My team had won the game, thanks to all the determined players!

In addition, karate has helped me with being persistent. I have been going to this school for about 5 years; but sometimes I don't want to go to the weekly classes because I feel tired or I want to do something else. But I go all because of my parents urging and persistence. This is a very vital key to keep me going to this school. So though I complain at times, I still strive to go to the weekly classes and try to frequently practice.

Furthermore, Karate has improved my physical stamina and strength. We do sit ups, pushups, leg raises and much more in the classes. Earlier, before travel soccer, I always felt like I was going to be run over by a bulldozer and get knocked down and hurt myself. I felt that my other teammates had an advantage over me because I thought I was the weakest out of all of them. But now I know that I am a lot stronger and I can stand up to the shoulder to shoulder contact and the falls.

Amorosi's Mixed Martial Arts has truly benefited me a lot and has taught me skills that will last a lifetime.

Sincerely,

Maanas Chiplunkar

