

# 2019

## How karate has impacted my life



Elizabeth Jaekl

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Karate has impacted my life in many ways. From the social side to reading to confidence and leadership, karate is part of my everyday life.

Before I did karate, I had many friends except now I have more friends than I can count! Doing karate helps people to make more friends. For example if you are holding a pad for somebody else you do not know, you might introduce yourself and become friends! If you go to sensei Nick's book club and you are on the same team you could get to know them better. At social events like movie night if you sit next to someone new you might say hello and learn a new name. You could also meet a friend's friend if you both go to the 1000 super hero kicks.

Karate is SO fun! It is fun because you get to do many different activities: exercises, katas, sparring and much more stuff. There is a lot of variety. Through karate, I have dressed like a superhero (kids kicking cancer) went to book club, went to an amazing Halloween party (and got deliciously scared), had a nerf gun battle and had a water fight. During training, we also sometimes play games to improve in a fun way. At Douvris there is cool stuff to do: T.B.T., karate, and many socials.

Karate has made me a better reader. Sensei Nick runs a book club. Book club is once a month. Every month there is a different book. When it is time for book club, we talk about the book and split up into groups. The books are so interesting that after I read Harry Potter and the Philosopher's Stone, I read all of the Harry Potters that I was allowed to!

If you do karate, I will guarantee you that the flexibility you have now will improve. So if I did not do karate, I would not have been able to do the splits. First of all, every class has warm-ups that encourage others to get flexible in great ways! It gets you from stiff to strong! Douvris also runs a club called banana splits. When it is banana splits season, if you can do the splits, then a sensei can take a picture of you in the splits and you get a free banana split at Dairy Queen!!

Karate has improved my balance. When you do slow kicks, you need to balance. You can get better at balancing if you try practicing at home. If you focus on having a perfect kick and try your best there is an opportunity to get better! When I was starting karate, I was not very good at balancing but with balancing exercises like standing on a ball now I can balance! Balancing requires practice.

Doing karate has made me get stronger! The higher belt you are, the more fitness you have to do. For example, if you are going for your black belt you have to do about 300 jumping jacks, but if you are a white belt, you only do around 10-15 jumping jacks. Karate has been giving me more power because I am working up to be a higher belt. This means I must do more fitness. The more fitness I do, the stronger I get!

When I started karate, I was supposed to kiyay, but I was too scared and nervous. But now, sometimes I kiyay louder than anybody else! Also, when I started sparring, I was scared to punch and I did not have as much confidence as I have now. Knowing self defence also made me more confident than before. I can now defend myself if needed, so I do not need to worry.

Karate has helped me do a better job at leading! When I was a beginner in karate, I did not have as much self confidence. Now, I can give ideas and help others just like in the student creed! Leading by example means you are trusted, you are the best person you can be, but it is also helpful. It is helpful and you feel really nice and kind when you are helping!

In conclusion, karate has impacted my life because it has made me more friends, taught me to enjoy reading, made me stronger, levelled up my confidence and helped me be a better person.