

6 Years and 8 months ago today I began to do karate. I began with Jake Wogan. The first karate school we attended in Middleton wasn't the best. The lady served belts on a tray without any challenge. Once our parents saw how they trained us they knew we needed to find a new school. That's when we found Authentic Karate in Peabody. I still remember the first day we came. Jake, our parents, and I all met with Sensei. We knew this school was going to be so much better after the first day. Sensei had an amazing way of training us. The classes were challenging but there was improvement with every class. Sensei would not let us get by easy, we were going to work for what we earned. He always made sure we knew everything for the test and if we didn't we didn't get our belt. Everything was going great. I also moved homes from Middleton to Topsfield in 4th grade. Thanks to Karate I still got to hang out with Jake every other day. But then Jake decided to retire from Karate. It made me think really hard about continuing without my best friend. But after a lot of thought I realized how important it was to me to continue my goal to achieve my black belt. So I kept with it. It was one of the best things I did in my life. I made amazing friends which I wouldn't have if I quit. Including Oliver who I am testing with right now. Karate has made me change. My

parents are so proud of how much I grew. It taught me respect, confidence, and spirit. Karate is an amazing thing because you learn something new everyday. It's impossible to master something. As sensei always says even if we learn the littlest thing its still learning something. Through these past years I learned a little every day. Now is the day I put it all together and achieve my goal. I want to thank Sensei, Ms. Kimberly, my family, including my grandparents who give me the support to get this far, and the friends I made through this journey.