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Cho Dan Bo to 1ˢᵗ Degree Black Belt
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How has martial arts changed your life?

- By using karate skills and learning to protect and defend myself.
- Martial arts has made me a better person.
- Teaches me serious stuff like different types of defense for example circle blocks, net block, punches, and kicks. "Serious stuff" are moves and techniques that you should only do if you are trained properly and use during important times only.

What has martial arts done for you?

- Taught me how to deflect punches and kicks
- Makes me learn stuff like kicks, punches, and blocks
- Helped build confidence
- Learn how to break boards

General Statements

- Sparring is my favorite part at the moment because I like to use all the moves on my partner and learn how to put them together and help myself get better.
- I like learning more forms and making up my own to practice the moves I have learned and see which moves work best next to each other.
- I like how it feels to break boards and showing that I know the proper techniques to do so without getting hurt or hurting others.
- I want to continue training in martial arts to eventually become a Master. In the training to become a Master I am excited to learn more about Asian Sun, improve on what I have learned, and learn the more advanced techniques used.
- Working towards a first degree black belt has made me better. I learned many tricks and techniques that has prepared me to go further in martial arts. I will build on these skills to help me become a master someday.
- Martial arts has helped me focus on things and to keep practicing on things. It's about always getting better and never giving up, even if something is hard. I can use that in school and with other things too, not just in martial arts.