

My Goals After Black Belt

By Taylor Crews

My first goal after achieving my black belt is to continue with karate and become higher in rank. I don't know how far I'll get, but I know I'll never quit. Karate is a part of me and I can't imagine a life without it.

I also plan to get good grades all throughout school. I will stay at the same school I am at now. Once I'm out of high school I will go to The University of Oklahoma for college. After college I plan on studying law. I think it would be fun to become a lawyer. Everyone says I make a great argument and that I would be an excellent lawyer. I would also like to open a karate school, so I can help others enjoy karate as much as I do. I think it would be cool to open a karate school with some of my friends, so we can all manage it together.

I plan on doing a lot of volunteer work, especially working at animal shelters. I will also help my community and homeless shelters.

I plan on living a comfortable life. I want to live in Colorado because it's so beautiful here. I think it would be nice to own a house near where I live now. I would probably enjoy living in Brighton. I plan on having many pets, especially dogs and fish. I wouldn't want to live in a huge house, but I don't want a small one either. I just want a decent sized house with room for all my stuff.

I think it would be fun to learn to do a back flip like Mr. Young and show others because it is SO cool. It might take some work, but I would also like to learn how to do other gymnastics too. I could incorporate gymnastics into the martial arts that I do. I believe that these things actually

aren't as hard as they look. Although Mr. Young makes it look really easy when he does a back flip and I don't think it is.

I think it would be really cool to study different types of martial arts as well. I want to learn Tae Kwon Do and maybe just other systems of karate. It might be fun to study with Grand Master Jhoon Ree's system of Karate and compare it with ours.

What Karate has done for Me

By Taylor Crews

I first joined karate after Mr. Sager came to my school. I really enjoyed it and had my mind set on joining karate. For Christmas in 2002 my grandma gave me a certificate for 1 free karate lesson. I went to the class. It was so much fun. I officially joined karate on January 16th, 2003. My instructors told me in order to get a uniform I had to memorize the student creeds. It took me a while, but I finally got them down and was so excited when I got my uniform and belt. After my 1st real class, I doubt anyone thought I would make it to black belt. I was horrible, to say the very least. I remember getting hurt and for the life of me cannot remember how. I know that I, myself was seriously doubting I would ever get my black belt.

I remember going to my very first tournament when I was like a blue belt. If I remember correctly, I got 8th place. Ever since that tournament I've vowed to get better than 8th place every time. When I was a high red, I actually got first place for doing Hwa-Rang.

I have now been in karate for a little over three years and I have SO much fun with it. I don't know where I would be without karate. I can do so many things now that I would never have been able to do, had I not joined karate. My physical endurance level has gone way up. If you had asked for 50 pushups out of me 4 years ago, my response would have been "Yeah right."

I'm also not AS shy as I used to be, although I'm still really shy. I have also met many amazing people while in karate and I am so glad because some of them are now my best friends.

Karate is also a way to vent some of my energy. I get REALLY really hyper a lot and need something to do to get rid of all my energy, so I go to karate and direct that energy to something useful, which is a good thing, trust me.

Karate has also helped me a lot at home, I actually don't watch too much TV like I used to do and I eat a lot healthier too. My parents have also noticed that I use my manners a lot more than before. Karate has also helped me set better, higher goals that I can reach, like black belt

for instance. Karate has also really helped me to focus on these goals instead of ignoring them and never achieving anything. It has really helped me.

They're have been times when I've wanted to quit karate, but then I came to my senses and realized I can't. I can't because I would hate myself for it later. Now karate isn't just something I do, it's pretty much my life. Sure karate has its ups and downs. I know I never like it when I fail a test, but it sometimes ends up working out for the best. When I first tested into Prep Cycle, it was in July of 2005. I failed, obviously, but for good reason. The second time I tested I was 5 times better. I made it in. About 2/3 of the way through Prep Cycle, I got cut. I didn't want to stop going to the classes, though, because I wanted to keep learning how to be better and I wanted my black belt. So I kept going to the classes. No one made me. I wanted to. Now I'm in another prep cycle and so far I'm having a blast. The conditional black belts continue to treat me as though I'm a part of their team and I'm part of another team. I love Prep Cycle. Although I may not always show it, I love the working out too, because I will never forget my first Breckenridge and how hard it was. All this working out really helps. Breckenridge will still be hard, but it won't be as bad. I can't wait until all the hard work pays off and I have my conditional black belt. Right now I would do almost anything to earn that belt.

Zachary Caldwell

My Goals After Black Belt

Essay for Fall Prep Cycle 2006

When I get my black belt, I am looking forward to being able to help teach more classes. I want to continue in karate and work towards my 2nd degree black belt as well. I have pretty simple goals right now, since I am only 10. I also want to play football next year for a while, like Nick Sullivan does. I think I can do karate and football, so, that is exciting for me. I also enjoy other sports, baseball, swimming and hockey. I have played baseball before and had lots of swimming, but never hockey. Karate has taught me that I can do other things better. Someday, I want to own a karate studio. I am really looking forward to becoming a better sparring student so I can spar like Mr. Galloway and Mr. Smith do. It would be fun to just put some pads on and go onto the floor and just spar for fun since at that point I would already know how to control my actions and I wouldn't have to be learning all the time.

What Karate has done for Me

By Sean Robinson

Before karate I was a small skinny little nobody who had no muscle and could barely defend himself. When I was in school the Thornton school was having an after school activity that I went to and was immediately hooked. Afterwards I immediately joined and took to it like a fish in water. I am happy that I joined karate because there are so many things that it has done for me.

First, karate has given me something to do during the week besides play video games all day. It gives me something to look forward to because I know that I will have fun. Before I had no life and now I have a life and it is karate.

Next, I had friends before I started karate but now I have even more. I have made 10 new friends since I started a little over 2 years ago. I have bonded with all of them and have grown to be a team with them all the time. Kiani, Craig, Cassandra, Matt, Mr. Ciseneros, Kala, Kyle, Dominic, and many more, they are my friends and will always be my friends.

Karate has also given me something else to cheer about, my massive muscles!!! I used to be a skinny little twig with no muscles at all, now I am a skinny little twig with lots of muscles. Before karate I used to be able to run fast but now I can run even faster. I have also gained a lot of endurance and I am able to withstand a lot of punishment both physically and mentally. I am really grateful for karate and all of the things that it has given me.

What Karate Has Done For Me

By Rachel Smith

Karate has done so much for me and my family. It has given me the opportunity to meet new people and to make new lifetime friends who helped me through these hard days in prep cycle when I thought my body was just going to give up but they helped me whether or not I wanted it. They also helped me through the past two tests if I forgot something they tried their best to help me get what I needed. Karate has also strengthened me both mentally and physically. It has strengthened me physically by making me push my limit and do 110% every time. It has strengthened me mentally by making me do something I didn't think I could do. Karate has also given me self-confidence. I used to be afraid of what other people thought and always did what I thought other people wanted me to do. I have also become more outgoing. before I came to karate I was a sheltered shy little girl but after a while I started warming up to people and I came out of my shell now I'm running groups in class and warming up the classes at the beginning of class. Since I started karate I have had better focus at school. I had so many troubles focusing in school before karate but now I can focus a lot better than before. Karate has given me the will power to do any thing I put my mind to. Most of all karate has helped me learn self defense. I feel very confident that if I was ever attacked I would definitely be able to defend myself and get away. Karate has also shown me how to be a leader. I've learned how to lead by example not only in karate but in my personal life also. Kids my age, tend to do the wrong things just to fit in and I have learned that I can be the positive reinforcement for them. Karate has inspired me to do the right thing for myself and other people. Karate has made a very

big impact on mine and my families' lives and we are all so happy that we found this program.

~My Goals For After Black Belt~

Goals. Goals are important to have in life because they give you reason for motivation. Obviously my number one goal as of now is to achieve my certified black belt, but what about after I have achieved that goal? I have a few goals I plan to achieve after I've earned my black belt; goals such as moving on through the ranks of black belt, focusing even more on school and getting more involved in clubs and events, and also, eventually, taking up learning the art of aikido.

Achieving my black belt is extremely important to me but I refuse to stop at just that. I intend to continue on through the ranks beyond just first degree black belt. Karate has helped me so much through the years and has played a big part in who I've become today and I know it will continue to better my personality. I will continue my training and keep learning new techniques as well as how to better myself.

Another very important goal I have in mind for after I receive my black belt is to get more involved in school. I want to take part in more after school activities such as Japanese Club, Key Club, Tennis, and the Martial Arts Club. I would also like to attend more activities under less pressure such as football games and dances. I believe it is important to show your school spirit and to take part in the variety of activities and clubs your school has to offer. School is primarily for learning but you might as well have fun with it too.

One last goal I've been planning on for a while is to take up the study of aikido. This form of martial arts has intrigued me since I first learned about it in 7th grade. I decided that I would earn my black belt in tae kwon do first, then study the art of aikido. It is a part of the Japanese culture which is something I've been interested in since I can remember and I really would love to learn more and I figure there is no better way to learn about something than to actually take part in it.

These goals are incredibly important to me but. They will all help me to better myself and learn more in general. I intend to pursue these goals no matter what. I am a very determined person and when I set my mind to something, it is harder than a second grader trying to learn algebra 2 to side track me from my goal. First I **will** achieve my black

belt, then I will succeed in achieving the other goals I have set for myself.

My Goals After Black Belt

By: Matthew Gasser
Prep Cycle Fall 2006

I have a lot of goals and dreams to achieve after I receive my Black Belt. I have had a

very positive experience up to this point and expect that will continue.

Following is a list of goals that I will accomplish after I receive my Black Belt.

- Continue to participate in at least 2 karate classes per week
- Continue participating in at least 2 SWAT classes per week
- I am expecting to continue working towards my 2nd Degree Black Belt
- I am expecting to join Leadership
- I will continue to show respect at home and at school
- I want to help other students achieve their Black Belt by supporting them in their training
- I will do my best at school and use the skills I have learned to keep focused and follow directions.
- I will go to college
- I will continue playing hockey
- I want to teach Karate
- As an adult I want to get married and have a family where I can teach my kids Karate and coach a hockey team
- I will support my sister Cailyn in whatever sport she chooses
- I will continue with Community Service work. I am planning on continuing my support of Autism as well as St. Jude's and possibly The Heart Association.

To be able to achieve these goals I will need the support of my friends and family. I

have learned so much during my training to get to black belt and am looking forward to

all that I have left to learn after becoming a black belt. I hope I will always be a part of

Mile High Karate and that the friends I have made will continue to be a part of my future.

What Karate Has Done for Me

By: Matthew Gasser
Black Belt Prep Cycle Fall 2006

Karate has been a big part of my life for about 3 years. I started when I was 5 ½ at the Westminster Mile High Karate School. Since beginning Karate I have learned self-discipline by completing the self-discipline sheets, book club cards, attending classes, tournaments and being a part of a team. I have also learned basic strikes, blocks and self-defense. I feel like it has been a tough and intense 3 years but has been well worth it.

I have been able to use what I have learned in Karate to defend myself during recess at my school. In the beginning of the last school year, I was jumped and held to the ground by one student and kicked by another. This only lasted a few seconds then I was able to get up. I worked with Master Gonzales on how to get out of that particular situation and I feel very confident that if that happened again, I could get out of the situation faster. I have also been grabbed during school recess and am able to easily get out of the grab and free myself.

I also have a better understanding of the dangers of the outside world and feel I can avoid unwanted attention by strangers. During class we have worked on what is a stranger and what to do if a stranger approaches and uses "lures" like "I have some candy" or "I lost my puppy, can you help me find him?" I know it is okay to make a lot of noise and use the words "stranger, stranger, he's not my

dad and he's trying to get me to go with him" to draw attention to myself and get help.

Karate has helped me gain my confidence in public speaking and performing. By participating in tournaments and school tests I am comfortable in front of a group of people. I participated in a school talent show last year and had a lot of fun performing.

I am definitely in better shape and have increased my flexibility. When I started my parents and I never thought I could look like some of the higher belt ranks and I now look like them! I have also learned how to memorize. Every month, I memorize the word of the month along with the definition and recite it back to one of the black belts at my school.

Karate has also made me understand what dedication is and how important it is to be successful. I wanted to become a black belt and I have had to be dedicated to participate in class, complete the required homework along with the conditioning log and running 3 times a week. Although there were times that I didn't want to complete the conditioning log or homework cards I am glad that I did because I really feel they have helped with my curriculum and physical condition.

One of the most important things that Karate has done for me is to help me understand that I control my own life. I am in charge of my future and the path I take to get there. I am excited to be in prep cycle and continue to learn the benefits of extremely hard work to reach my goals.

My goals after BLACK BELT
Lani McBeth
8/18/06

Throughout the life of a martial artist in training, daily growth is important, but none so important as the last few weeks. I have learned a valuable lesson over this last phase of earning my conditional 1st degree black belt. Commitment, self-discipline, self-motivation, teamwork are all reasons to be proud of being welcomed into the black belt family however, I now understand the commitment level it takes to finish this goal, I also understand the importance of going internal to push myself more than I thought possible. Now that I am on my way to earning my conditional black belt my long-term goals remain the same. I want to continue to train as a martial artist to achieve my 1st degree and at least my 2nd degree black belt. I will continue to support my children as they work to attain their black belts. I intend to continue to work on my health and wellness and will continue to build a business in this industry. My long-term passion is to help change the attitude towards nutrition in our schools especially associate with kids at risk because of special needs. (ie: dyslexia, ADD, ADDHD, over weight) As I stated in my original essay our society is putting our children at risk for adult health issues as the epidemic of obese children continues to grow. I believe part of this is that children today are less active and the nutrition we encourage them to eat is at best fair/poor in value. Through Karate I would like to continue my growth as a public speaker/educator particularly in this area. I would like to be a leader in the karate family, helping the children who are at risk, the most to become self-confident, self-motivated and self-disciplined leaders in their schools. Karate enables us to attain our goals through the commitment and the understanding of our goals, which empowers us to make them happen.

As a black belt our standards should remain high. The pride we learn in the prep-cycle should be the model we use not only in daily life but while at the Karate schools. The example we set can be used to influence those around us both positively and negatively. I want to lead by example and follow by example. The definition of pride in the dictionary is "Justifiable self-respect". I believe our ability to lead must first follow the definition of pride. It is our way of showing others our ability to show self-respect through our actions. If we honor the code of the Black Belt attitudes and skills of success regularly we can change peoples lives. Can you imagine the workplace, the classroom and homes of the world if we influence those around us to honor this same code? It all relates to "PRIDE", self-respect and self-discipline.

I will continue to look for mentors and provide mentor-ship to my family, friends, co-workers, and my black belt family. I have yet lots to learn. Learning is our way of not remaining stagnant. If I learn something new everyday it is a good day. If I stay committed to my goals everyday it is a good day. In order to make this happen my goal is to honor a power hour for myself daily. This will include 45 minutes of personal growth, through reading, or mentor-ships. I control my inner dialogue. I will start my day with positive intentions. At the end of the day I will use 15 minutes to account for my achievements or results. I will continue to work on my health and I will be at a

healthy weight of 135 lbs. by the time I achieve my black belt. To achieve my black belt, I will continue to train with passion and commitment. I will strive to lead my prep-cycle family to greatness. I BELIEVE in them all. I have the ability to accomplish anything I am willing to work hard to achieve. I will not be intimidated by the negative reactions of others, nor will I get mired in mediocrity. I will rise above the crowd to achieve great heights. I am responsible for the outcomes of my life. I will learn from my results/performances. I am a self-fulfilling prophecy.

I am grateful for the mentors who have gone before me. I am grateful for the wisdom and the commitment they have shown me. I am grateful for being apart of this amazing group of people.

WHAT HAS KARATE DONE FOR ME?

Lani McBeth

8/4/2006

What has Karate done for me? Originally karate was for my children, I was one of those parents who came to the studio and watch them learn and exercise during class. As a 40-year-old mother and former college athlete I appreciated what they were learning from karate. At that time I weighted approximately 285 pounds and needed to get back to exercising and improving my health. After a year of going through that routine of watching them take class, helping them practice what they were learning at home I finally joined the group and started at the basic orientation class. My children were very excited that I would commit to doing karate with them. As an adult, karate is about the only sport that you can do as a family. Now to answer the question of "What has Karate done for me?" Karate has improved my health, my self-esteem, and my relationship with my children and brought the role of leadership into my life again.

Karate is designed to raise the level of your self-discipline. One of the 8 success skills: Positive Respect states- A winning Black Belt has the ability to be happy and to function in the world, while showing appropriate conduct and good manners. Respect represents a sincere appreciation of values and the rights of other people. And to avoid habits, and behaviors that are unhealthy or destructive. When it was time for me to learn this success skill, I was working out in the karate class but was not honoring this skill with regard to my overall weight issue. I had at that time only lost about 5 pounds. (this was approximately 4 months into my program) I was talking with Mr. Galloway shortly after they had, as a leadership team attended a Tony Robbins event here in Denver. We discussed the idea of improving your health through detox. I was introduced to a detox system that allowed me to start improving my overall health and have to date lost 105 pounds. I continue to work on improving my health and because of working on my self-discipline with my relationship with food I continue to improve my health. This process has made me a better mother, spouse and as a result I have had the opportunity to help others improve their health through this detox system.

As a result of losing some of my weight my self-esteem has improved, my relationship with my children and my spouse has improved. My children are eating better than the path that we were on. As the world of obesity spirals out of control this is a true gift that I have given them. Without honoring the success skill of avoiding habits that are unhealthy or destructive I am not sure that I would have had the commitment level it takes to lose 100lbs naturally or develop the confidence to improve my relationships through my commitment to be a black belt and honoring the code we follow as black belt candidates.

As an athlete, the role of leadership was expected. As a dental hygienist leadership is expected. However, over time as you go through everyday life, the role of

“leader” is lost through lack of continual personal growth, self-discipline and the lack of goals. In Karate, as I mentioned above the 8 success skills help you to define your goals and help you stay accountable to the goals. I had allowed my self to get caught in “the time race” and stopped doing personal growth. I had learned early in my life that personal growth is a continual process without it one remains stagnant. In addition to the 8 success skills, Karate has brought me back to reading and has brought mentors into my life that help me grow.

Now, as I embark on this 10-week journey in prep-cycle my journey as a student, mentor and leader will be tested. The skills that I have learned through the 8 success skills, the personal growth reading and the mentor-ships that I have had the opportunity to develop will be tested. I will continue to honor the 8 success skills and through helping others do the same we can continue to grow character, self-confidence, teamwork and finally leaders. In this commitment, I know that I will gain more character, leadership skill and more parenting skills. The black belt will be the reward, but the experience will be life changing.

Kody Spitzlberger

Prep Cycle Fall 2006

My Goals after Black Belt

All of us have goals after black belt. My goals are not different than many others who have come before me, and who will come later. I plan to continue on with my training to 2nd degree black belt and beyond. I am planning on passing on what I know to the future black belts of Mile High Karate, from white belts to brown belts. I will still do the work, and I will not take shortcuts to my goals. I know it may be difficult, but nothing comes easy to anyone. I would also like to become part of the Lakewood Demo Team, show my ideas and abilities, and perform at tournaments. Eventually, I would very much like to become a Master Instructor, and own my own school.

I have many goals as you can see. Everyone in the entire world has them. We all have things we would like to achieve during our lives. Without goals, what would we have to work for, Goals are a part of the human race. We have already achieved many goals in our life, but that doesn't mean that we don't have others. As for now, one goal sums up all of the gals I have listed here: to become part of the black belt family.

What My Goals Are After Black Belt

I have many goals I would like to tell you about; the ones I want to do after I get my Black Belt. Some of them are karate related and some are not karate related. I know that the skills I have picked up along the way to Black Belt will help me obtain my goals, especially the self – confidence and speaking ability's.

My short term goals are to get in the full splits. This one I would like to get before my certified Black Belt test. Another short term goal is to receive 1st place in forms and sparring at tournament. I know I am well on my way to this one.

I also have long term karate goals. One of them is to be able to teach karate at Boulder Mile High karate when I am in high school. That way I get paid doing something I love. Another thing is to become a sixth degree Master. I know this one will take a while but if I try hard I will someday get it.

My unrelated karate goals are definitely long term goals. One is to travel the world. A few of the places I want to visit are Africa, Japan, China, Germany, Argentina, Alaska, Canada, England, and Paris with the Eiffel tower. Another goal is to become a zoo veterinarian. That way I can help animals stay healthy at the zoo.

Some of my goals are much easier than others but they are my goals. I want to achieve all of these goals. Karate plays a big part in my life and my goals.

Kerrington Moore

Age 9

Boulder MHK

**My Goals After Black Belt
by Joshua Thompson**

School:

Be a 'top' student in my class:

Action Steps:

- Join student council
- Get A & B's on all tests and assignments
- Pay attention in class 'all' of the time
- Focus on developing better math skills

Develop Better reading skills:

Action Steps:

- Read one book per week, outside of those required at school
- Do book reports for each book I read
- Read at least 30 minutes a day

Learn more about bugs and where they live:

Action Steps:

- Do research in school library about bugs
- Search the Internet for study material about bugs
- Build a bug habitat in my back yard

Sports:

Play competitive Soccer:

Action Steps:

- Practice daily with friends or my dad
- Work on leg strength to kick long distances
- Practice on soccer field near our house to improve goal scoring accuracy

Develop more arm and leg strength:

Action Steps:

- Do push up drills my dad taught me everyday
- Do squats and lunges, plus jumping drills my dad taught me everyday
- Run or ride my bike 2-3 days per week



Karate:

Get better at sparring:

Action Steps:

- Focus on keeping my hand up while sparring
- Practice sparring with other black belts, including Mr. Matt Smith
- Attend 2 sparring classes per week

Get better at Jump kicks:

Action Steps:

- Practice jump kicks against wave master in basement
- Focus on tucking bottom leg during jump kicks
- Do slow kicks to develop better form

Join Leadership at Mile High Karate in Westminster:

Action Steps:

- Submit my application for leadership at WMHK
- Focus on leadership skills during SWAT classes
- Ask for more responsibility during SWAT classes

ESSAY: WHAT KARATE HAS DONE FOR ME

By, Leah C. Bourgoin

Karate has really done a lot for me, and I am happy to be in the program. In the three years that I have been at Mile High Karate, I have become more courteous and respectful of others. I try to be careful not to annoy others, I hold doors open for people and I am helpful at home.

My family and I notice that I have better self control and self-discipline since I have taken martial arts. I take care of myself and my responsibilities without having to be told, such as getting ready for school on time, feeding the cats and making my bed. My family has also noticed that I have become more reliable than I used to be. They can trust me to do my homework before I am asked at the last minute. I don't have to be told five times anymore before doing something.

I am also more athletic and a lot healthier. I eat a whole lot better and am sick a lot less. I am encouraged about doing more sports, and enjoy running, kickball, swimming, basketball, softball and soccer.

Maybe the most important thing karate has done for me is it has given me more determination. I had a hard time in school because there were some very disruptive students in my third grade class. In spite of that, I was determined to study hard and get good grades and I did so. I am very proud of myself for that.

I know that karate has helped me become tougher in dealing with some of the hard things about life. A good workout helps me to get rid of my frustrations and calms me down. When I get on the karate floor, all my cares are left at the door. I always have a smile on my face at karate. People make me laugh there – that’s why my nickname is “Giggles.”

Karate has also helped me learn to take responsibility for my mistakes, and also to not be afraid to stand up for myself when I need to.

What Karate Has Done For Me

Joshua Thompson - Age 8

August, 17th, 2006



I have learned many things since I started Karate 3 years ago. I will tell you the most important ones that come to my mind.

Karate has helped me be much more flexible and made me stronger. It has also improved my endurance. I do not get tired when playing basketball with my friends, but they do, I like that.

Karate has taught me self control. I have learned to make sacrifices such as working on Karate instead of going outside to play. Karate has helped me to treat others the way I want to be treated. I am a better person. It has reinforced the lessons I learn at home about the difference between right and wrong.

Karate has taught me how to behave better in school. I have the discipline to get my homework completed on time. I have better concentration with homework and school assignments.

Karate has taught me to stay away from strangers. I know some of the ways a stranger might try to trick me to go with them and that I

have to yell and scream if they get a hold of me. I know how to protect myself and my sisters if we get into danger.

Karate has also taught me to never QUIT. I have more confidence in myself. I have a positive attitude know matter what. The most important lesson I have learned is, knowing that I can accomplish anything with hard work and achieve the goals I set for myself.

John Hollberg
9-14-06
Literature
MHK essay

My goals after black belt

My goals after black belt are to get good enough at a number of certain things in order to get a medal in the winter Olympics and in the summer X-Games. Those things are as follows: the first is snowboarding because I love to snowboard. If I could, I would probably live at a ski resort and board every day. I would compete in the Olympic super pipe and the downhill race.

My second goal is for dirt biking (Competitive trick riding). This is because I have always wanted to ride dirt bikes and now that I have a chance why not take it. I would compete in the X-Games lap race, the dirt park and the best trick.

My third goal is for skateboarding because I have been skating for around 2 years and I like to think that I'm getting pretty good at it. The events that I would compete in this sport at the X-Games are park and supper pipe.

My other smaller goals include applying my-self to my education and getting into a good collage. It also includes saving enough money to get a newer car of my own. This could take a while because it's a lot harder to save money than most people think!

These are my main goals after black belt. I hope to achieve all of them before I turn 30. I know that some of this sounds unrealistic but if there is no challenge then what is the fun in that?

Jim Nieman
Mile High Karate
Fall 2006 Prep Cycle
September 29, 2006

My Goals After Black Belt

My goals after I earn my 1st Degree Black Belt have changed almost every month. The closer I get to my 1st Degree Black Belt the more and more I can see that there is so much more to learn. It really doesn't seem that long ago I was a white belt. I thought that was great. I had a uniform and I was going to class and I had Karate homework. I worked hard and practiced at home all the time. That was 3 years ago and I still really like going to class!

I once thought that getting my 1st Degree Black Belt meant that I knew Karate. Now I understand that it is only the beginning. That being a 1st Degree Black Belt means you have learned the basics. It does not mean that you have mastered Karate; it means that you have earned the 1st step of many more steps to come. Karate is about patience, discipline, and practice. It is about trying to do your best at all times and to keep learning and improving yourself. It is about working so hard that sometimes you don't think you can keep it up and then you do and you get the best feeling. It is so much more than learning self defense and most of what you learn you use outside of class.

My goal after earning my 1st Degree is to become a 2nd Degree Black Belt. I want to become an instructor and teach Karate to other people. Another goal is to help teach an after school program, too. That is how I first started in Karate. I can do this by learning all I can from my instructors and helping them with lower belt rank classes.

I have other goals that do not include Karate. One goal to learn about Kendo, Japanese sword fighting. I also want to join a community service group. My goal is to be a part of something that helps people. There are clubs at school that I would like to join. Before Karate, I would never have had the confidence to do this. Now I do and I feel that I will be a good member of any club I join.

These are my goals after I am promoted to 1st Degree Black Belt. A couple of them are pretty tough but they will be very much worth the work to make them happen.

Jim Nieman
MHK Fall 2006 Prep Cycle

Karate Essay: "What Karate Has Done For Me"

I started Karate at the Ute Meadows after school program when I was in 3rd grade. I really liked Karate and joined Mile High Karate. I was selected for Master Club when I was still a white belt. I tried out for the Demo Team when I was only a gold belt and made the team. While I was on Demo Team I joined the Leadership Program. I was chosen for the SWAT team, which stands for Special Winning Attitude Team. I practice my karate everyday so that one day I will become a black belt.

Karate means "open Hand". I have learned that Karate is about perseverance, self-control, integrity, and self-defense. Karate has taught me to give others respect. I have learned that if you give respect to others that you get respect back. It has made me a better student and a better team player. Karate is also fun and challenging. I have learned that if you work hard that you will become successful.

I have also learned that if you work at something and stay focused you'll get that project done. It has helped me to set goals, make a plan, and stay focused. I have learned that if you start something you should finish it and work hard at it. I have learned a lot about "positive self motivation", "no excuses", and "visualization". The skills I have learned have helped me with school and other sports.

Karate has also taught me discipline and teamwork. You can get discipline two ways. The first way is the hard way and that is being reckless and getting beat by someone. The second way is the good way, which is doing an exercise and having somebody tell you to keep going and that you can do it. I got discipline the good way (by doing an exercise and having somebody telling me to keep going). I know I can do it but sometimes it gets pretty hard and it help to have some one cheer me on. I also cheer on members of my class when I see that they are struggling, too. We all work together and know how important it is to help each other out.

Karate has helped me to become physically fit and now I have a lot more endurance. It has helped my self-confidence and made my memory better. I have to memorize all of my Karate combinations and forms and I am tested on them frequently. Because my memory is better I have been able to memorize all of my math facts and am doing good in all my subjects at school. Before I started Karate I was only doing pretty good in school.

I have mad a lot of friends at Karate. I have friends who are already 1st Degree Black Belts and friends who are just beginning Karate. We have to participate in tournaments and we cheer each other on. When one of us doesn't do so well we try to cheer them up. I have learned that it's not winning that matters, it is giving it your best try and learning from the experience.

I have had the best instructors at Mile High Karate. Each one has brought their own expertise to the school and I have learned a lot from each one. Karate is about discipline and showing respect and sometime the classes can be pretty tough but I think it makes you a better person. My instructors push me to do my best because they believe I can do it and that makes me feel good.

Right now, my instructors are Mrs. Bucy, Mr. Cunningham, Mr. French, and Master Lewis. I feel that I have learned so much from them over the past few months and that I have really improved my forms and sparring techniques. My goal is “black belt excellence” and to some day become an instructor like them. I think if you are looking for a year round sport and want to make lots of new friends Karate is for you. Karate will help you in all aspects of your life. It is a school, and there is homework, but it is fun and you will learn a lot and I think you will like it.

Erik Chen
September 29, 2006

My Goals After Black Belt

Before you receive your black belt, it is the ultimate goal to get it. But once you reach black belt, what comes next? You have to set new goals to continue your progress toward excellence. My goals after black belt are simple and as follow. I like to set my goals a little higher than expected. That is that my short term goals are farther away than most others' short term goals. The most obvious of all goals after black belt is to keep going to higher and higher belts. Aside from that, though, I want to be, in a nutshell, a better person. I'm working on trying to be a better person now, but I feel like I can learn some better things to help me be the best I can be from the teachings that I get along my way to black belt. A good example would be helping out in groups in school or in other activities. Rather than just do what's expected of me or do what is good enough to fit my needs, I could be doing things to benefit the team as much as possible. If it takes a little from my personal benefit, it shouldn't matter. Another goal I have after black belt is to start doing more community service. Again, I know I could be doing that now, but after black belt I will have more time to participate in acts of community service. Whether it's working with kids at an elementary school, helping in a soup kitchen, or even picking up trash around the neighborhood, I want to be able to do more community service to better the world not only for me but for everyone else too. One of the most important goals that I have after black belt, however, is to be more social and to make more friends. Before karate, I pretty much secluded myself from other people. Since I started karate, I've been opening up to more people at school and in the public world. After black belt, I'll be able to meet a lot more new, such as black belts that I've never had a chance to meet before, introduce myself, and possibly become friends with them. My goals after black belt aren't complicated and aren't far from reality. I plan to make these things come true, and I'm not waiting until I have my black belt to start. I'm going to start now and extend upon come black belt.

What Karate Has Done For Me

Karate has done for me more than I could have ever imagined it could before I had first joined it. Before joining, I thought nothing of martial arts. I considered it to be just a sport or a hobby that people pursue for self enjoyment. But my entire view on it changed since the very first day I began.

At the beginning of February of 2005, one of my friends wanted to do karate. He wanted me to come and try it too, so on February 6th I went with him to try it out. From that day forward, karate had become my life. I would go twice weekly, and attend every event for karate that I could. I began to like karate so much, so quickly that I started going whenever I could. For the past year or so I've been going to karate five days a week. Throughout all of this, karate has given me more than I'd hoped to receive from something that I had overlooked for my entire life.

Before joining karate, I couldn't even get up in front of a small group of people and read a paper. Karate put in a productive comfort zone, so to speak. I felt perfectly fine as I progressively became more of a leader. It also truthfully taught me what a leader really is. This past year, I volunteered to be the leader of my group in a big class project that was worth 30% of our grade! Using what I learned from karate, I made sure that everyone was comfortable with what they were doing, and that no one felt like that weren't as important as another. Everyone seemed to be happy and we got 100%. Everyone in my group even bought me a present after we were done. It made me feel great and I owe it all to karate.

Not only that, but before starting karate I despised group work. I did what was expected of me and that was all. After working with people in karate, I began to start applying that to my life. Once again, this past year I was grouped up with people that didn't particularly like each other in my math class. Daily, hostility towards each other would discontinue their production of work. Before karate, this was one of the reasons that I hated group work. But after calming them down and finding similarities between them, they began to do their work and do it well. They also became some of the best friends of each other to this day. It benefit them both greatly, and I didn't have to put up with their constant bickering.

Karate also gave me confidence. Before karate, I always thought that I would never be best because that one person that was better than me will always be better than me. While I ran daily for warm-ups in gym class, one

kid was always first around the track. Some days I would try and fail to beat him around the track. I never did believe that I could beat him, so I never really could. When I joined karate I began thinking about that more often. I trained hard and when I raced him again, I lost. But the loss gave me hope. It was a much closer loss. I kept at it and never gave only thinking that I could beat him if I tried harder. Eventually I was able to beat him around the track and he asked me if I wanted to race him a full mile one day after school. It made me feel great about myself, and to this day I hold him to that race.

Another thing about confidence, I'm still working on it. There's just one wall that at one point seemed impassible. Now it seems possible, but it will be a challenge. I guess I won't know until I reach the top if it was worth the uphill climb, but I feel like I have to go for it. The wall is...well, that I'm not going to share, but I'm sure some people already know it.

Probably the most important thing karate has given me is a great group of friends, a family to me. Before joining karate, I would make friends with what my parents called the wrong kind of people. I'd make friends with people who steal, some who did drugs, and some that would do other illegal activities. I kept insisting that they were good people underneath it all, but I was covering my own eyes. Karate has put me in a place where I've made friends that I can't say enough things about. They stand behind me in everything that I do, do so much for me, and teach me things that I can use for bettering myself. They've all become part of my family, and I couldn't have asked for any better friends.

Karate has given me a life. Before, I felt like I had nothing, even though I had more than what many do. Karate helped me realize that and then it gave me even more. I wish that everyone could take karate. From what I got out of it, I could continue on and on forever. Instead, I'll keep it short and to the point. Karate has done for me more that I could have ever hoped for.

Eric Murotake
September 24, 2006

My Goals after Black Belt

I never thought that three years ago, when I started in Mile High Karate that I would ever be sitting and writing about my goals after I got my Black Belt. In fact, I never really thought that I would ever even get there. I mean, I was an overweight twelve-year-old, just recovering from a broken arm. What chance did I have at a Black Belt? Well, I just kept working towards a goal that seemed so far away, getting closer and closer, and now I am a prep cycle member, and have started to think very seriously about my goals after Black Belt. As of Present, I've decided on a few basic things. I want to continue in MHK, want to become an Eagle Scout, and want to become a State Qualified High School Swimmer. Besides that, I want to graduate from High School and attend college at the University of Kansas. Those are some of my present goals after Black Belt.

On continuing in Mile High Karate, I plan to continue on at least until I get my Second Degree Black Belt. I want to help with teaching classes, assisting the higher level belts, and running the programs that attract new clients to Mile High. I also want to have a Second Degree to show my commitment to Master Oliver's wonderful program. To continue towards

my goal of Second Degree, I'll need to work hard and train to be my very best at all times. That's my goal for Black Belt and beyond!

In regards to the goal of my Eagle Scout, I need only to complete a few more merit badges and need to complete my Eagle Scout Service Project. I only need to complete the merit badges for Family Life and Personal Management. I have only a few more steps in each to complete them, and then all that's left is to do my Eagle Project. I plan on doing a project to help the challenged program at my school as my project. I still need to ascertain what I can do to help, and I need the materials, but after that the project should be a snap! Eagle Scout, here I come!

To become a State qualified swimmer in High School, I have to keep working on my swimming and get faster and stronger. Right now, I'm getting closer to my goal, closing in on the times I need for State. I'm currently closest to State in the 400 Yard Freestyle and the 200 yard Freestyle. If I keep improving at the rate I have been, then I think that I'll make state by the time I'm a junior. That would be great, so I'll have to keep training.

On the front of graduating from High School, I'm already a sophomore, so I only have to make it through two more years before I graduate. That means I'll have to work hard and get really good grades for those two years in order to get into the College I want to, which is the University of Kansas, where my Mom and Dad both went to school. My intention is to Major in computers so that I can work designing video games, or, failing that, work for a technology company. If I work hard on my studies, I should be able to make my dream come true!

As you can see, I've given a lot of thought to my future after Black Belt, and that's just the foreseeable future! I hope to one day marry and have a kid, but that's a little later on. Black Belt, Swimmer, Eagle, and KU Graduate. That's what I hope I can say about myself after I complete Prep Cycle!

What Karate has done for Me

Who would have thought that three years ago, when I first joined an after-school program by Mile High Karate, that I would end up getting here? Yes, I'm now a prep cycle candidate, and I couldn't be more excited. When we were give the assignment to write an essay on what karate has done for me, I couldn't decide what to write about. After thinking on it for a few days, here are some of my thoughts:

- **Leadership**—Since Joining Mile High Karate's leadership program, I've learned a lot about how to be a successful leader. Before, I wouldn't even raise my voice in class; much less lead a group of people in our prep cycle. Now, I can even lead other people my age and older. Besides, in leadership we get to learn about all sorts of cool weapons, like knife defense and Bokken. I imagine that all the skills I have learned in leadership will come in very handy later in life.
- **Flexibility**—This one is true, both in a physical and mental sense. I've gotten more flexible physically because of all the stretching in class. But Mentally, I've gotten stronger and more able to adapt to

situations quickly and effectively. This is becoming more important now, since a black belt needs to change like <snaps fingers> that. It also has allowed me to further improve my leadership skills by adapting to any and all situations that arise. These are skills that will keep me fit and healthy later in life.

- Friendships—Since I joined MHK, I've met a lot of people who I've become friends with. There are Jim, Kody, Nakita, Leah, and Zach, as well as Pavani and Neelam, who no longer in karate, which is sad. Besides that, I have learned how to make friends with people through the various books. I hope that the prep cycle lets me meet new friends, too.
- Physical fitness—Karate has also helped me to become stronger physically. Hopefully, this will help me become better in my other endeavors, as well. I also hope that the push ups that we have to do in Prep Cycle will make me tougher for swimming. The sit ups, squats, jumping jacks and everything else we do will help me get stronger, both mentally and physically.

All in all, Mile High Karate has had great benefits for me, physically, mentally, and emotionally. It has taught me courtesy, integrity, perseverance, self-control, and indomitable spirit. I also learned that no matter how hard things get, you should never give up, no matter what.

Today: Prep Cycle, Tomorrow: Black Belt!

After earning my black belt, my goal is to continue to advance through the ranks of black belt and at the same time give back to the organization by working as an instructor and mentor. Currently, my wife and son are about six months to a year behind me in progress towards their black belts. My immediate goals include helping and supporting each of them to achieve their black belt.

Both my son and I have talked about advancing at least to our fourth degree black belt. Given my son's current age and progress, he would be in high school about the time we would achieve our third degree black belt. I plan to continue to work with him to advance through the rank of black belt because it gives us quality time together both in our classes and during our practices. We would also share this quality time with my wife (Matt's mom) as long as she continues to study the martial arts.

From more of a long-term perspective, I love to share my passion for the martial arts with others through teaching them what I have learned. You could say that teaching is "in my blood". I have been a Level 3 Certified Alpine Ski Instructor for the Professional Ski Instructors of America (PSIA) and have taught alpine skiing for over twenty years. In my lifetime I have also taught computer science (at the college level), windsurfing, kayaking, judging of kayak slalom events, and many more. I understand the need to lead by example and to use my overall performance and attitude to inspire others. While I may not be the best candidate to teach someone how to perform a side kick over their head, I was a member of the boxing team while in college at Penn State. My

experience as a boxer is directly applicable to sparring. More specifically, I have had fun demonstrating to others the importance of keeping their hands up during sparring.

What Karate Has Done for Me
Fall 2006 Black Belt Prep Cycle

Brian Fike
Boulder MHK

Karate has helped me as a member of my family and as an individual. Karate has helped my family to grow closer together and it has helped me to grow into a better and stronger person.

My family means the world to me and karate has given my family an activity we can participate in together. Whether in class at the dojang or practicing together outside of the dojang, we spend quality time together. We learn from one another, help one another, and push one another along. The time we spend together has helped each of us communicate better with each other. I am the very proud father of a young boy who has experienced a significant increase in self-esteem and personal confidence from his martial arts studies.

For me personally, it has improved my personal discipline level and increased my confidence in myself. Regardless of the task at work or in life, I believe that I always do my best and accomplish my goals as a result of studying martial arts. Martial arts have helped me improve my mind, body, and soul. My mind has improved from the reading, memorization, and studying I have done. By exercising my mind and brain, it grows stronger and stronger. My body has improved from the increased regular and routine physical exercise. Since I have started studying the martial arts, I have lost over 35 lbs. I have also noticed vast improvements in flexibility and agility from my daily stretching program. My soul has improved from the increased levels of self-esteem and confidence in my abilities. I have been able to push myself beyond limits I had previously set for

myself. I have improved my ability to appropriately react to difficult and trying situations; to improve my character. These changes in character have been recognized and have resulted in advancements at work.

I look forward to continuing my study of the martial arts with my family, my extended Boulder MHK family, and now, my prep cycle family. Studying martial arts and earning my black belt has been a life-long dream of mine, and I am living my dream.

WHAT KARATE HAS DONE FOR ME

By: Ali Christensen

Karate has given me things I never thought possible. When I started Karate a couple years ago, my arms were wimpy and not very strong. Now I can lift a lot more weight because of my pushups and I am very good physical condition because of the other exercises such as crunches, jumping jacks, leg lifts, squats, and kicking drills that I do in class and also at home. My arms are still very skinny but I can lift a lot more weight and feel a lot stronger.

More importantly, I now have better control over my emotions. I used to have long emotional outbursts and had no idea on how to control them. I no longer have so many emotional outbursts. My respect for myself is a lot more than what it used to be, and my respect for others has greatly increased and I have learned to control my emotions a lot more and without throwing a fit.

My flexibility is great because of Karate. In just 5 months into Karate I could get down into the full splits. I am now able to lay my belly down on the ground and lay flat. It's pretty cool being one of the few girls that can get down that low.

I have also learned to defend myself in many different ways. I am very confident that if a bully came up to me and started messing with me that I would know how to handle the situation no matter if it was physical or emotional.

I am also learning to control my body physically as well in my head. My balance is a lot better than what it used to be. I keep my balance on one leg for much longer than I ever thought that I could. I love it when I am sparring and I can throw a couple kicks in a row and people are amazed that I don't lose my balance. I usually score on my partner when I do that.

Karate has really helped me with a lot of things in my life. One of the most important things may be that I have met some really cool friends.

One of the things that Karate has taught me is that its important to have goals to attain those goals. You must have steps. In this essay I will state my goals and action steps to achieve after Black Belt.

One of my goals is to pass high school with flying colors. The first and most important action step is to pay attention in class. The second is to never ever, ever never drop out of school. Don't even drop out period. The third is to study, study, study.

Another goal of mine is to get into an awesome college. Some action steps are to find a great college, take the entrance exam, study, and ask for extra work.

My third goal is to become a great surgeon. The action steps to that are don't quit, and become part of the students at a great college.

My fourth goal is to own a horse ranch. The action steps to that is to earn the money and not spend it, unless I need it for food and stuff like that.

My fifth goal is to own a retired horse sanctuary. The action steps is to set area off to the side of the ranch, than advertise it.

My sixth goal is to own a horse training facility. The action step is to set aside some land on the horse ranch and advertise.

My seventh goal is to become a second degree black belt. The action steps are to never quit and always practice.

Another goal is to own a karate school in Wyoming. The action steps are to move to Wyoming, then find an area to lease or buy, then lease or buy it.

My ninth goal is to go to Washington D.C. The action steps is to earn one thousand dollars.

My Goals after Black Belt

By Sean Robinson

After I earn my black belt I have many goals that I wish to achieve. One of them would be to continue toward my 2nd Degree black belt. I will continue to get up in the ranks and achieve this goal. Another goal would be to work at my karate school when I am sixteen.

I also have goals regarding my education. I will finish high school and be a validictorian. Then I will continue on the road of education and get at least a bachelor's degree in some sort of field in art. I would like to be a graphic artist or a conceptual artist. If that doesn't work out then I will probably go into some sort of math oriented field like my sister. (She wants to be an actuary) Also this year I want to be a 4.0 all year long and be a good student all year. (Which I know I will be)

Also my goals have to do to what I like to do best. I like to draw so I want to get better at drawing. I want to be able to draw girls better and to learn to shade a lot better. Also I want to extend my sword collection. I want to fill my walls with swords, kitanas, halberds, claymores, spears, all sorts of ancient weapons. Oh and not just ancient weapons but air soft guns too. I want to collect a lot of air-soft guns so I can share them with my friends and so we

can have our own little war all to ourselves. I also want to go paint-balling a lot more so that I can hone my skills and be the fastest shooter in the west.

Another couple goals that I have would be to make a lot more friends that share my interests, which I can hang out with after school and help with homework. I also want to get reacquainted with a friend that moved away. I also want to become better at improvisational stuff kind of like "Whose Line is it Anyway?", sometime in high school I want to be in a play too. After black belt I obviously have a lot of goals

