

## Tang Soo Do How it's Changed my life.

By: Robbie Garguilo

Tang Soo has changed my life in many ways. I have learned how to defend myself and to walk away from unnecessary fights. By learning respect, loyalty, and discipline, my life and school work has changed. I know what food is right for a martial artist. I believe you should never say I can't. I am very peaceful and respectful. Before Karate whenever I got mad, I could not control myself. I would scream and cry. Through karate, I have self-control. I am not disrespectful to anyone. I also learned how to stay away from danger.

I started karate when I was six years old. When I was that little, I thought you used karate to hurt people. But I was wrong. Karate teaches you to use your mind and not your fists. Tang Soo Do is also about understanding forms. I learned that they all took after animals, and the forms tell a story.

I get good grades and I never forget to do what I am told to do. I am very strict with my school work and karate. I am in great shape. I run at school and work on my knuckle pushups, situps, and squat jumps. Karate also keeps me in good shape.

I have learned about the History of Tang Soo Do. The priest Dal Ma Dai Sa invented the martial arts and the idea of the spirit, the mind, and the body. Karate is a brotherhood. That means we are like brother and sister.

I think I would never had made it this far without my parents. They supported me when I started. Even though there was times I did not want to go to class, they pushed me to go. They gave up a lot of their time to get me there and have always supported me.

John Toland has also helped me. He worked with me at school with my one steps, forms, and techniques. He also helped me study for my black belt test. All of the instructors have been important in my Karate program. They helped me learn all of the forms and showed me the correct way when I was wrong.

Master Straga has made me all that I am. He is like a father to me. He corrects all of my mistakes. He is very strict with me. That helps me stay focused and be in good shape. He is also my friend.

There are a lot of things karate has done for me. I think karate is a great place to learn how to defend yourself and become a better person. A lot of my friends say Karate is a waste of time. They say it does not work. Maybe for them, but not for me. It works for me. Nobody wants to pick fights with me or John because they respect what we have done. I think karate is the best thing that happen to me. I really love Tang Soo Do Karate Academy.

Tang Soo!