



Jake Hansen

My Journey from White to Black



When I was 5 years old I started karate in Tigers where it was just fun, but slowly and surely it gradually got harder. My first grading went very well but it was not easy. I went from white to red missing my tag. That grading I made the most of because sadly, I did not pass the next. I felt very disappointed. At that point I had to remember 3 main words in karate

NEVER GIVE UP.

I didn't, and I went on to achieve more success. I didn't give up because my family, friends and Sensei pushed me on. When I was a red belt I went to my first competition, it was fun and nerve-wracking at the same time, but mostly nerve-wracking. Once I had done one it was alright and I encourage everyone to try competition, as once you've done a few of them they are very fun. This is a picture of me at my first competition with Sensei Ady Gray.



After this I did quite a few more competitions, then I graded from Red to Orange, Orange to Yellow, Yellow to Green, and Green to Purple.

When I was a Purple belt I went to Albania for my first International Competition, I was 8 years old. It was fun and entertaining but the sports hall was nothing like I was expecting. I got a bronze medal. On the last day we all went shopping in a big shopping centre.

I carried on doing competitions with my friend and pairs kata partner Ethan. Along the way I graded all the way through the rest of my belts to brown/2 white stripes.

My last competition before I decided to focus on my black belt was in Dublin this year June 2016 where I competed against other people from around the globe. These are my team mates.



After Dublin, I focussed on training for my Black Belt and eventually the time came for me to grade. Before the grading I was that nervous my whole body was shaking. I did the grading and it was torture. It was torture because Sensei Dave Hazard pushed all of us to our absolute limits and even more. I was so relieved when I found out that I had passed.



L-R Me, Sensei Dave Hazard, Ethan, Sensei Ady Gray, Oscar
This is my story from white to black – hopefully one day you'll have one as well.

And remember...

NEVER – GIVE – UP