



# Texas Black Belt Commission

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## KARATE – WHO NEEDS IT?

In today's fast-paced environment, with expanded personal freedom which is so often abused, especially by the young, one often feels the need of a fresh sense of morality, dignity, and self-respect. One receives the feeling that these traits frequently go untaught in today's society.

An art more ancient than Christianity, KARATE, attempts to instill in its practitioners these ideas, along with physical development and mental well-being. Many of the youth of today, searching for a sense of fulfillment, self-satisfaction, and self-respect, anchored to a firm moral foundation, find their answer in the study of KARATE.

In addition to the formal process of education which is almost universally available in this country, competition at the individual level requires skills not available in the classroom. Look around you. We are all aware of individuals who excel on a scholastic basis yet never achieve their personal potential. There is obviously no lack of intelligence in these cases, yet they remain unmotivated. Why? I believe it is the lack of a competitive spirit! A competitive spirit must be acquired and molded through example and constant practice in a well-defined, well-disciplined environment of mutual trust and respect. This is the essence of KARATE.

Regardless of the age of the practitioner, the true spirit of KARATE enables one to develop respect for his fellow man regardless of his

station in life, develop respect for oneself by physical and mental growth and, most importantly, develop a perfection of character that leads to truly becoming aware of one's position in the universe.

“Bushido, ““The Way of the Warrior”, represents the highest ideals of KARATE. It is an unwritten code that has survived the centuries relatively uncompromised. Living within the shadow of constant adversity, the Warrior's code became his law and salvation. His uncompromising, self-imposed principles brought honor and dignity to his Art and his Way of Life. From the ancient Warrior we have learned to accept the challenges of life and face them firmly, honestly, and without fear, as we would face an enemy in battle – sustained by a sense of pride, self-respect, and inner peace. We strive for victory over our own weaknesses. To conquer fear and greed, to know true honor and justice, and the courage to refuse failure, to know the peace and serenity of true KARATE...This is Our Goal. The respect that we seek is our own. The victory that we seek is to conquer ourselves – We who fight “the silent battle”, we who follow “The Way of the Warrior.”

Adapted from **Jack Hwang**