



Lena Ho
1st DAN Black belt
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We aspire to be people much greater than us. To be somebody that doesn't fit our shoe. It gives us a leverage to push on, to compare our abilities to what is known to be perfect. But we are our own selves, not a million copies of one. Starting karate four years back was something that shifted my lens on the world. It taught me perseverance, discipline, respect, and proved the significance of others. Watching Jackie Chan or Bruce Lee fight urged me to become them. But I have learned that I never wanted to be the next Bruce Lee, or the next Jackie Chan. I wanted to be the first Lena Ho.

Martial Arts lives in everything we do. From the way we interact with others- to the way we move at home. My first weeks of Karate sparked a curiosity to push forth, and as I look around, I see all my friends who started in the same pond as I did, and trained together 'til this day. Obtaining my Black Belt wasn't easy. In fact, it was 7 hours far from that. But one thing (of the many) I have learned, was that it was just the beginning. The beginning of an endless river that, just as you spent hours after hours pushing towards a waterfall, you see there is still an endless amount of the river still left after you fall.

My instructor, Alison, once said, "We get nowhere without anyone." That have led me to acquire much more of my potential to grow with the help of others, and served as a motivation to advance together. I wouldn't be here today without my instructors, who was there to help demonstrate my first kick, and taught me the reasons on why we learn Karate, or my friends, who became my punching bag when I needed to practice, and clarified techniques when I'm unsure, or even my family, who drove we to practice every week and attended each one of my ceremonies. Family is not who's blood is in you. It's who you love and who loves you. I hope to be apart of the ASKAs' growing family in years to come. And I dream of a day where everyone will learn the greatest potential in Martial Arts.

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