



Thanh Nguyen
1st Dan Black belt Journey
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Karate class was introduced at our Buddhist temple youth group five years ago and it was taught by Master Hien and his Karate instructor staffs. At the time my daughter was 11 years old and she was the only child in my family so I thought that was a perfect opportunity for her to learn Martial Arts so that she could protect herself when she is not with me. So I enrolled her in the Martial Arts program. I remembered the second week, while waiting for my daughter on the side line, I ran into Master Hien and he suggested that I should join the class rather than sitting around and waiting for my daughter to finish the class. That's how I got started.

At the time I never thought learning Martial Arts was possible because I was 51 years old then and it was too late to learn Martial Arts at my age. Originally, my intention for taking Karate with my daughter was so that I could help guide her through the Karate program for the first year until she felt comfortable taking it by herself. The first three months were very hard for my body to get used to the punching, kicking, and all the stances. Especially, when I learned how to kick, my hip hurt, but I didn't give up.

Currently, I am holding a 1st degree black belt. It is hard for me to believe that I passed the black belt test after only 5 years of engaging in the Karate program. I owe this to Master Hien, all of the Karate instructors who had helped train me throughout the years, and prepare me for my black belt test, everyone in my Karate class "Buddhist Youth Group", and the students in Belle Creek.

It was a long five year journey for me and my daughter. However, I plan to continue taking Martial Arts until my body gives up on me. Essentially, my goal is to help train the kids on everything I've learnt from Master Hien and other instructors from ASKA.

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