

## Ngan Dao Journey to 1st DAN Black belt June 4, 2016



On my connecting flight to India, a TSA crew saw a bruise as big as my fist on my upper arm and asked me jokingly if I got a Fight? If so, he feel sorry for whomever it was because if that was the bruise on me then he would fear more for whomever I fought. I was joking with him at first but then Told him that I got the bruise from my black belt test, then he stepped aside and told me to pick whichever line I pleased to go through for scanning because he doesn't want to mess with me ( joking of course but I was laughing hard)

Seven years ago.....Karate for me? No not by a millions years!! But then after a couple of times sitting there waiting for my kids I got bored so one day of out boredom I got up and gave it a try, then continued it as a work out for... how long I don't remember but I just keep on going. My husband got his 1st BB then 2nd degree! Both of my son and daughter got theirs 1st degree. During and after their training and tests, people would ask me when I'll take my BB test my reply was never!! They would ask me why never and my answer would be I like to maintain my exercises, not really wanting to go through the pain that I've seen over a few BB test that I've attended. Plus the training for BB test is no fun either. So the answer is always a big NO to BB test. Until one day a young classmate ask me to join him for BB test. Of course my first answer is the same as always "no" but he keep on asking me to join him as to make it fun for the both of us ( because I knew he couldn't do it given he had a long leg plus he's a boy) I told him that I would take the test if he could touch his nose to his knees

without bending the legs and let the fun begin!! Months later, out of the blue he could touch his toes with his hand, with everyone on his side (except my daughter who had clearly heard me telling them that he has to touch his nose to knee not hand to toes) eventually they won the argument and I lost the bet so I had to take the test.

Me? BB test? How? I can barely go through a class with open doors for air, water breaks in between class and sometimes I have to sit out to eat something because I am hypoglycemic or just to catch my breath!! So no way no how I can make it through long hours of the test.

Well, through hard work and lots of hours of training and a lots of times mad at my kids during their individual training sessions with me ( Ut katas and Khoa takedowns ) and lots of supports and encourage from family and friends I finally made it.

For me the BB test takes a lot of commitment, lots of sweats but most of all it teaches you how to be patient and more confident.

Ngan