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Miguel Uribe, 1st Dan BlackBelt.



“Blood, sweat, and bruises, are part of training towards something bigger. But none of that matters if you do not have the right attitude and mind set”. These words were spoken to me a long time ago, and I held true throughout my journey with ASKA. The color of a belt does not provide anything else but a reflection of the achievements we have conquered. So when a belt is earned, we should wear it with honor, and with integrity. Earning my black belt was a great achievement, but a small step towards a bigger goal.

My journey with ASKA began as a spectator from the sidelines while my daughter participated. I have always been fascinated with martial arts, and being in karate and boxing when I was younger, training had become a way of life. I wanted to get back into training, although I hadn't practice in a long time, I was concerned with my limitations due to being heavier and older since my last practice. I decided to try out the class, and after the first class I immediately knew I wanted to continue, regardless of the limitations that I thought I had. After a few classes, I continued to push myself and I started to become stronger, flexible, and lighter. As much as like training, it was hard at times to find the motivation or time to go to class due to work or family, but the important thing was just to continue going when you could. In this journey I have also gained knowledge, wisdom and confidence. I appreciate everything I have been thought so far from Master Hien and all my peers. I do not know where or how far this journey will take me, but I do know I will continue to study and better myself and the ones around me.

Thank You Master Hien and all of ASKA staff,

Miguel Uribe