

July 1, 2012
BLACK BELT LETTER
by Mike Bailey



Hello. Most of you know me as Big Mike. At the age of 60 and dealing with fibromyalgia I can't believe I made it to Black Belt. It's been a long and difficult journey.

Martial Arts is challenging physically and mentally for me. But I keep trying. I practice daily. I received great support from our instructors. We are lucky as a Martial Arts class to have a teacher who cares about you being as good a person as you can and who wants you to improve at whatever level you are.

I'm always trying to improve on those crazy Katas. I keep hearing muscle memory will come. Well, I guess that is Martial Arts. You will always keep on learning, I'll keep trying and one day I'll have a perfect Kata. For me to give back, I like helping and coaching kids to improve their skills and sparring.

I also want to give special thanks to Heather, Kelly, and Andrew for their coaching. And, let's not forget our master – the little guy who can hurt you in a 1001 ways.

Thank you.

Big Mike