

June 2nd 2012

Van Sperry, 3rd Dan Black Belt



Martial Arts is a journey. There are many ups and downs on the road to becoming a black belt, ranging from motivated to wanting to quit. Getting a new belt is always an exciting time...going through some of the hard workouts are not always the most fun.

For me when the going got rough, the friendships and relationships that I've built over the years are what kept me going.

As a student, your jobs are to listen to what is being taught to you, practice at home to improve your technique. If I was going to pick the most important thing to becoming a black belt, it would be desire and attitude. As instructors we can see it in your effort in class every week. You can be taught the katas and the techniques, but we can't force you to try hard or make you care.

The day I started as a white belt in 2004, I told myself I was going to keep going until I made it to black belt. Just like all of you, I sometimes didn't feel like going to a class. What I learned was that you have to be able to turn on the switch when you enter class. Show Master Hien that you care, that you deserve to be a black belt.

I would like to thank Master Hien for working so hard. Without him and his families countless hours, we would not have a place for us and our families to train. We build friendships, learn how to defend ourselves and one day become a black belt.

Thank you Master Hien!