



Michael Hasting
1st Degree Black belt
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It was too long ago to remember, but I started with American Sport Karate around three-four years ago. In the beginning, I was reluctant to even go at all. My mom would have to force me to go sometimes. It was only until about a year in when it finally clicked, and I knew from that day on that I would become a black belt. My path in the beginning was taking me to greater heights than I have ever seen before. I only made it with the help of my peers and instructors pushing me to better myself and to push through all of the hard times.

Little did I know, I would be using my martial arts in so many more ways than just in class. It appears in so many different things that we do every single day and the discipline that comes with it. My life has improved so much since I have started; I am so much more organized and more social. One of the most important things that I have learned, only one of many, is that we cannot do everything ourselves. We need our friends, family, and instructors to help and guide us to greatness.

As someone once told me “Your greatest glory is not in never failing, but in rising up every time you fall”; this pushes me to get back up every time I get stuck on something I will not give up. I will ask for help and never give up. I never would have made it without my friends and family who would keep my spirits up either by mentally preparing me for tournaments or my mom driving me to so many classes, even up to five days a week. I am hoping to be in ASKA for the rest of my life, and I am looking forward to bettering myself and bettering my peers. I have realized over the years that my path is not a path I follow but a path that I will pave for myself. Thank you to everyone who has pushed me to go further especially Alison Johnson who caught my attention and really caused me to keep going.