Black Belt Essay - The Journey (Student)

Take time and answer the following questions on how the Journey to Black Belt has impacted your life.

1. Why did you originally start your training?
2. What has the Black Belt Journey meant to you?
3. What hurdles have you had to overcome, and what did you do to overcome them?
4. What triumphs have you had in your journey?
5. How has your goals changed over the last 3-4 years?
6. If you were talking to a new student, how would you describe the journey to Black Belt?
7. What changes (physically and psychologically) they feel they have made over the past 3 years?
8. When you get your next rank, what are your future plans and goals for the next belt?

Use the back if you need more space