



# Martial Arts Journey

## Sunaina Rasamallu, Political Science, 2020

Engaged Living

### SUMMARY

*I have been doing karate for more than 13 years at Hill Country Karate. This has allowed me to engage in the community by teaching children and adults self-defense and other karate techniques. Practicing and teaching martial arts has taught me how important it is for the community to have knowledge to protect themselves, no matter what age or gender. Through rigorous training for competitions and teaching people, it has changed my mindset on the purpose of martial arts in general.*

*My goal in martial arts is to continue training and teaching, and to never stop learning. I think that martial arts has certain principles that can make you develop an mindset that is diligent and resilient to external forces.*



### SPICES

*My experience relates to engaged living because I have dedicated time and effort into understanding the deeper aspects of martial arts, and committing these abilities for my own health and to help others.*

### HERBS

*Martial arts is honorable in my experience because the aspects on it align with being fair, and only using these techniques for self-defense rather than offensive attacks.*

### LEARNING OUTCOMES

*I think that martial arts has brought me self-reflection and awareness because it helps me achieve this mindset of confidence and understanding that comes from training. While teaching martial arts, I started to develop more awareness on how to help different kinds of people. Whether they are children or adults, or people with social disorders like ADHD. People come from different backgrounds, and I have to adapt to their learning styles.*



### IMPACT

*Martial arts has impacted me in a way that it has helped me to develop a mindset that is stronger, and is also passionate to do things to the best of my ability. I think that I have developed leadership and teaching skills through teaching people martial arts over the course of 13 years. I also have come to be part of a karate family that cherishes me and respects my abilities and passion for karate. I hope to continue with the same type of mindset over the following years.*

### ADVICE

*I would say that while many see martial arts as an activity that is just rough and about fighting. It is actually a well developed institution that has many years of understanding and principles.*