



# U.S Open I.S.K.A World Martial Arts Championship

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Skill Development

### SUMMARY

*I have competed at two different international competitions as well as several state competitions. My professional martial arts journey started in 2016 and has been continuing ever since. I had the chance to spar and learn from other competitors from all over the nation and even around the world. It helped me develop my skill set by seeing other competitors doing their martial art techniques in different katas (self-defense routine). I also was able to challenge myself by competing against some of the most dedicated and talented martial artists. As I continue my martial arts journey, I hope to gain new knowledge of strategies in sparring and katas, and I also wish to travel the world and try to learn other martial arts while showing to others my skill set that I have developed.*



### SPICES

*Doing martial art competitions is related to skill development because it challenged me to train rigorously for months. I also had the chance to train with talented martial artists which enhanced my martial art techniques.*

### HERBS

*My experience relates to being resilient because these competitions are very difficult and time consuming, but I decided to push through and compete after a 3 year break due to an leg injury.*

### LEARNING OUTCOMES

*My experience relates to adaptability and resilience because I had to compete after having a leg injury, which did not give me the best circumstances. While sparring, I kept losing because I did not have the stamina in my legs to keep up. But, I kept competing and tried to change my tactics to use my arms more rather than my legs. This enabled me to win one competition after losing the other rounds of sparring.*



### IMPACT

*This activity impacted me by making me more interested in the art of martial arts in other countries. I think it has brought me closer to my karate team, and makes me want to be more of a leader for them. I benefited by challenging my body and mindset in terms of committing to competing professionally again. This competition has enhanced my passion for martial arts again, and I am proud of myself for being able to have a skill set that challenges others.*

### ADVICE

*I would say to a student that wants to compete in martial arts competition that while martial arts is a rough sport and can be tough. It is also one of the most mental and tactical sports that I have ever done.*