



## What is a Black Belt?

A Black Belt is not a status once achieved it makes you invincible. It doesn't make you Superman or Superwoman; that's only in comic books. It doesn't make you less "afraid" in a fearful situation. It can make you better able to handle that fear in a constructive way.

It doesn't make you less fearful of going to the dentist. But your training should help you handle that fear and work through it.

It doesn't make you less of a victim if you are walking in a dark alley, but it makes you think about avoiding that dark alley.

Having a Black Belt doesn't mean you can't bleed, can't feel pain, or die.

Don't flaunt it. Don't ask for trouble. But at the same time don't be ashamed of it. Don't be ashamed of all the hard work and discipline it took to obtain it.

Black Belts can break blocks and boards and bone if need be. But they can also comfort a child, handle grief, and laugh at themselves and with others. In other words a Black Belt should be a well rounded human being. One who will not miss use the Martial Arts. And who will treat themselves and their training with responsibility, reverence, honesty, and respect.