

POWER KARATE ACADEMY

KARATE INSPIRES US!

SUBMISSIONS BY STUDENTS OF PKA



GEORGIA POWER

WHAT KARAT MEANS TO ME



MATTHEW SHAW

WHY DO I DO KARATE?

Power Karate Academy Arts and Letters Contest

“Why I Do Karate”

By: Matthew Shaw

I've been training in karate for about two and a half years now and I am a blue belt. For the past year and a half, I've been training with Sensei Brian at Power Karate Academy and I am really enjoying it!

One of the biggest reasons I joined karate was to learn some self-defence techniques. I hope I never have to use the skills I'm learning in a real-life situation, but you never know when you might end up in a situation where they'll come in handy. Karate is teaching me how to get myself out of scary situations and how to react with speed.

I love that karate helps build my character. Power Karate Academy uses the model, “Respect, Confidence, Power”. Karate teaches me to respect myself and others, how to build confidence in the way I think and act, and how to gain power (in both a physical and mental way).

I also love karate because I learn something new every class and I enjoy learning new katas. I have great instructors and have made some wonderful new friends.

My goal is to continue with karate and to get my black belt some day, when I'm prepared and ready!



DYLAN MEADUS

WHAT KARAT MEANS TO ME

CLAIRE HUTCHINGS

WHAT KARATE MEANS TO ME!



ADELLE POWER

JUST BREATHE



LILY KANE

KARATE MAKES ME HAPPY!



TOREN SMYTH

VIDEO OF 3 THINGS KARATE MEANS TO HIM:

- 1) LISTENING
- 2) FOCUS
- 3) FUN



HARRISON LUFF

DEMONSTRATION ON JUST
BREATHE!

