

# My Journey From White to Black

Ethan Denny



## In My Own Words .....

When I first started at the age of 4  $\frac{3}{4}$ , I was in the Tigers family and really enjoyed it, it was just the start of an amazing journey. I moved from Tigers to the beginner's class aged 6. I was so excited, but at the same time, I was really nervous, as my friends from Tigers were doing different days to me and I didn't really know anyone. After I started, there was an in-house competition and I came 2<sup>nd</sup>. When I went for my red belt, I was quite nervous, but I passed and went up a full belt. I was really happy. Then I was a red belt, it was so much harder, but with plenty of training, it got a little easier. As time went on, I did my orange belt grading, but sadly I failed, but I stuck at it and NEVER GAVE UP. Then I went to yellow, green and purple, but I didn't go up full belts.

When I was 7 years old, I started to do competitions. My first competition was an experience I'll always remember, I was really nervous and excited at the same time. I did both kata and kumite and didn't know what to expect. Sadly in Kumite, I got disqualified, but it made me more determined.



*L-R Jake, Sensei Dave Hazard 7<sup>th</sup> Dan, Me, Sensei Ady Gray 5<sup>th</sup> Dan and Oscar.*



*This was me competing at this years World Championships in Dublin.*



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*These are my team mates from the World Championships*



So it's possible to get your black belt at the age of 10! However, I couldn't have done it without the coaching and excellent advice from my Sensei Ady Gray and I thank him for all his dedication and hard work he's given me.

**FAIL TO PREPARE- PREPARE TO FAIL**

**NEVER GIVE UP, NO MATTER WHAT!!!!!!**

Thank you for reading!. That's my journey from white to black.

*Ethan.*

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I was selected to go to Albania when I was a purple belt and I came home with 2 bronze medals. I started winning medals with my training partner Jake Hanson and I love competition and I would tell you all, to give it a go. This year I was selected to go to the world championships in Dublin, what an experience! I loved every minute of it. I didn't get a medal but it's an achievement to get there.

I have attended all the courses and love Sensei Dave Hazard courses and get a lot out of them. When Sensei Dave Hazard came, I was pretty scared because I did my black belt grading and it was the worst grading in my time at karate as I was so nervous and wanted it so much. He put us through our paces and I successfully passed. I feel honoured to do my black belt grading with Sensei Dave Hazard as he's such an inspirational teacher.



*Sensei Ady Gray 5<sup>th</sup> Dan and Me*

