

STRENGTH and COURAGE...

力量

It all began the day I met my partner at the local gym. His name is Steeve Mackay. He asked me if I wanted to join in some martial art training with him at Rod Catteral AllStars. I gave him a grin and told him I was already doing a martial art. His reply was simple. "Show me" he said.

So we started sparring, as he kept one hand behind his back and to my horror, I was still unable to land a punch. That day changed every thing for me.

When I began training at AllStars, at first, I was terrified of the gradings. But through the love and patience of my partner Steeve and the encouragement of Shihan Rod Catteral, I gained enough courage to start the journey.

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My first grading attempt was overwhelming, and to this day the feeling hasn't changed. What has changed is the attitudes I now face my grading with. The Strength, Courage and pure desire to succeed and achieve.

As I continued my training I became more passionate for learning and wanted more. I was also cross training with kickboxing which only benefited my Martial Arts training.

Years later, as I finally felt my Martial Art training was going some where, I was struck by a debilitating illness. I had to become almost inactive immediately or face possible paralization. It rocked me hard. I took a whirlwind fall on an emotional and physical level. I had been active all my life. This wasn't fair! Why me? I thought I was a good person! Is it Karma?

I could no longer kick box and had to tone down my Karate training.

The next decisions I faced tore at my very soul. Give up all together or follow a different path In the Martial Art world. Through the love and care of my partner Steeve, I decided to take up teaching role. This required so much Strength and Courage but is now something I truly cherish and enjoy.

As I stand here with Strength and Courage in my heart, id like to thank all my Teachers, Students and friends that have crossed my path. My children Emma and Michael have also been part of my journey and for that I am grateful.

Thank you to Shihan Rod Catteral for all the opportunities and teachings you have offered me. Thank you to Sensei Sonya for having been my grader and friend every grading.

A very special thank you, to my Sensei Steeve Mackay who is also my Partner and has been there for me from the start. He has taught me so much, also about life and the good qualities I now believe I have to offer. The time he gave up to train me and time spent educating me has been priceless.

And to all fellow Martial Artist alike, my road is far from over.

So with my Strength and Courage I will do my best to go on helping and teaching to those around me.

Forever in Learning
Through Strength and Courage
Teresa Caruso
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