

# What A Black Belt Means To Me

*By Ryan Gray*

What a Black Belt means to me is an achievement, success, dedication, and perseverance. Every time I put it on it reminds me of my journey, sacrifices, joy, sweat, and blood. But my journey has just begun. It is a symbol of power, speed, knowledge and defense.

When I wear it, it reminds me that I am training mentally and physically. Every class I go to is a flashback of all the memories and levels I made, getting closer to my goal of Black. I have made many friends along the way who encourage me, help me get better, and guide my way. It is a life experience that I will never forget.