

What is the Fundamentals that Kidokwan has given to you to allow for positive steps in your life.

When I started my training in Kidokwan, I was very nervous. (My thoughts were, I didn't know if I could do this type of training.)

My training began with talking with Mr. Robert J. Ott. This was my first step whether I was going to be accepted as a student. It was very important that I listened to everything that was said to me. Our meeting was if I really wanted to train in the martial arts and make it a part of my everyday life. After our meeting, Mr. Robert J. Ott asked me if this training would be something I would be interested in. At that point I decided I would make Kidokwan a part of my life. I was then welcomed in as a student. (Now I had my work cut for me.). Still nervous and shy. I went to my first class. My training went very smooth, I felt more at ease. My confidence started to build from this first class.

Kidokwan has given me positive steps in life, beginning with the confidence, self discipline and positive attitude. By feeling confident, I am beginning to build inner strength of becoming my own individual. This has helped me in my everyday decision making, over coming a part of shyness. My confidence has also given me the energy to be a positive person. I don't let the negative things get me down. I have learned to let the negative go and what ever happens, just move on from there. It wastes positive energy to dwell on the negative. My positive attitude allows me to treat people as they want to be treated. I do not take things out on other people. It has given me a different outlook on my life. My self discipline has become stronger in ways that

has improved my studies. I have become more focused in school , with better listening skills. With this discipline it has helped me with my thought process and how I perceive information given to me. As time with anything else it will strengthen even greater. With the combination of confidence and self discipline it has given me the inner strength to want the best for myself and to succeed in my life.

The fundamentals of Kidokwan have given me the inner and outer strength to protect myself in time of need. It has given me the knowledge and choices I need to make in a situation if I am ever attacked. I feel I can protect myself if needed and I won't feel intimidated. With this I also feel that I can make the right choices.

By training in Kidokwan, making it my way of life, it has given me much more confidence, strength and self discipline. Which my mind, body and soul have all become one, and taught me how to use all components.

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