

I would probably be considered an unlikely martial arts student: a middle-aged woman in less-than-perfect physical condition. I started lessons after watching my daughters participate in karate and seeing how positive it was for them. I thought I would give it a try, but I never expected to get "hooked." This is the first physical activity in my life that I have ever enjoyed or stuck with.

My job is often intense and stressful. Karate gives me an outlet for all of the negative "vibes" of my week. I especially like the way karate brings together the physical and the mental. When I am doing karate, I am totally focused and the rest of the world just sort of disappears.

Karate has helped me feel stronger, more powerful, not just in my body but in my whole sense of myself. The instructors at Panther Kenpo took me where I was, and helped me to go farther than I ever thought I could.

Mary Miller