

"Martial arts has made me stronger,
physically and mentally"

Sam, brown belt, age 9

Sam is a better listener, ~~and~~ more polite,
and tries harder ~~(to do things)~~
at many things (remembering, ~~and~~ self-control,
self-discipline, homework) due to ~~the~~
Mr Hatfield's concept of "black belt effort."
Frankly, we try harder, too, to model
black belt effort."

~~Sam's~~ parents of Sam,
9 year old brown belt