

LARRY LEE CARTER

Age: 35

Rank: Black Belt, third degree

City of Residence: Virginia Beach

Place of birth: Sahatsakhan, Thailand

Occupation: Adjunct faculty member and graduate student, Old Dominion University

Why did you decide to study the martial arts and what have you gotten from it?

While growing up, I had always been fascinated with the martial arts in movies, comics, and other venues. Despite this interest, I didn't think that I had the capacity to become a martial artist. Luckily a close friend of mine talked me into enrolling at his karate school. For nearly 15 years, karate has been my passion and I encourage everyone to experience it for themselves. As for its many benefits, the three that rank the highest for me are physical health, mental health and personal development:

Physical health: While I am easily bored with weight training, cardio machines and aerobic classes, karate is an exercise program that can hold my interest. Having to learn new requirements for each belt level provides personal goals and keeps me motivated. Karate has also made me aware of my physical limitations and has helped me overcome many of them.

Mental health: Karate stimulates my mind through my education of body mechanics, technique applications, history and culture. While some people may think that karate fosters aggression, it actually dissipates it by providing a great outlet for releasing the stress and anxiety we face in our daily lives.

Personal Development: Karate has given me the discipline, focus and confidence to achieve anything I set my mind to doing. In addition, I have developed a deep sense of moral commitment towards my fellow man and avoid violence at all times, but am confident in my abilities to defend myself and my loved ones from harm, if the need arises.

