

## The Influence of Karate!

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When starting this journey 21 months ago I didn't realize the impact it would have on my way of life. Working full time, raising a family and trying to be a good wife, mom, friend, employee and citizen is a challenge, knowing that karate would help with all of these didn't even cross my mind. My goals were small in the grand scheme of things – I wanted to be able to help my boys be better at karate, maybe learn a little bit about how to protect myself and be good people themselves.

However now many months later I find myself enjoying it more and more with each passing class. When I ask myself why I find that there are a number of reasons, health, balance, dedication and a new extended family are just a few. These are all things I struggle with throughout my life so having the extra focus and support from the Dojo family has been tremendous. I know that as I age I do not want to live the life of a “70” year old, I want to live a life to my fullest potential where I can focus on my family first, love my kids, play with my grandchildren, and meet my great grand babies. I know that learning how to live the way of Karate will help me achieve that! From fitness to nutrition, there is lots to learn.

Personally it is easy to see how karate has changed my life, but it also has impacted my professional career as well. After working for tech companies for 15+ years and finding myself having anxiety attacks as I left my home to take BART into the city every day for work I knew something must change. Life was more to me than work! Upon this realization in 2015 I was able to focus my efforts on a career that lent itself to blending the things that mattered to me, family, health, freedom. As I am ever evolving my career plans Karate has been my consistent reminder of what I need to keep in the forefront of what I am looking for. Family, Healthy and Happiness. My next chapter is unfolding and while I am busier than ever I know my actions today will provide me with what I hope to achieve tomorrow!