

Ever since the age of six, I have been deeply committed to martial arts, a discipline that has shaped my character and values over the years. Having earned my Black Belt 3 in Goju-Ryu Karate, I strongly believe that self-defense is not just a skill but a basic life awareness, especially in a country where many young girls are still unaware of its importance. To bridge this gap, I have taken the initiative to teach martial arts to underprivileged girls in my community, helping them gain not only self-defense techniques but also discipline, confidence, and emotional strength. Through regular training sessions, I aim to instill in them physical fitness, mental resilience, and teamwork, while encouraging them to face challenges with courage. This initiative has become a source of empowerment, fostering independence, self-reliance, and the belief that strength begins with self-awareness and confidence.