

KARATE

When you hear the word karate, what do you think of? Is it fighting, a challenge or is simply self-defence? From the experiences we have had from the painful training we get weekly, our definition is quite different. Karate is a beautiful art, with the main motive being to build the character of the artist. The sport teaches us the importance of succeeding in life through teamwork. We have to admit; it is a good way of keeping fit. We hope to make St. Dominic's recognised internationally. Our greatest vision is to influence every girl in the school to have a strong mind and the confidence to do whatever they want to do in their lives. For, with a strong mind, you can achieve great things.

Tadiwa Dewa and Kimberly Lifa

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