

Zigaboo Shin-Peterson Morgan Simmons Asa Simpson Chloe Singleton Ananda Smith Nathaniel Smith Felix Sosa

David Soucie Garza Ronan Spelman Lula Stewart Alexander Steyaert Tyra Stokes Thomas Strandwitz Rohan Subagaran



Chop to the Top

One Student's Path to Becoming a Black Belt



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'm currently a black belt, and I'm testing for second degree," explained martial arts master, Ben Woytek. Just barely twelve, Ben has been chopping boards since he was four.

It's taken a lot of work and focus to get him to this pointand black belt isn't even the highest level in the martial arts world. There's a first degree black belt, a second degree black belt, and so on. Ben has a first degree black belt and he will be testing for his second soon. The belt tests assess the your knowledge of the curriculum you've been learning in class and your endurance. Photos by Lisa Moomaw

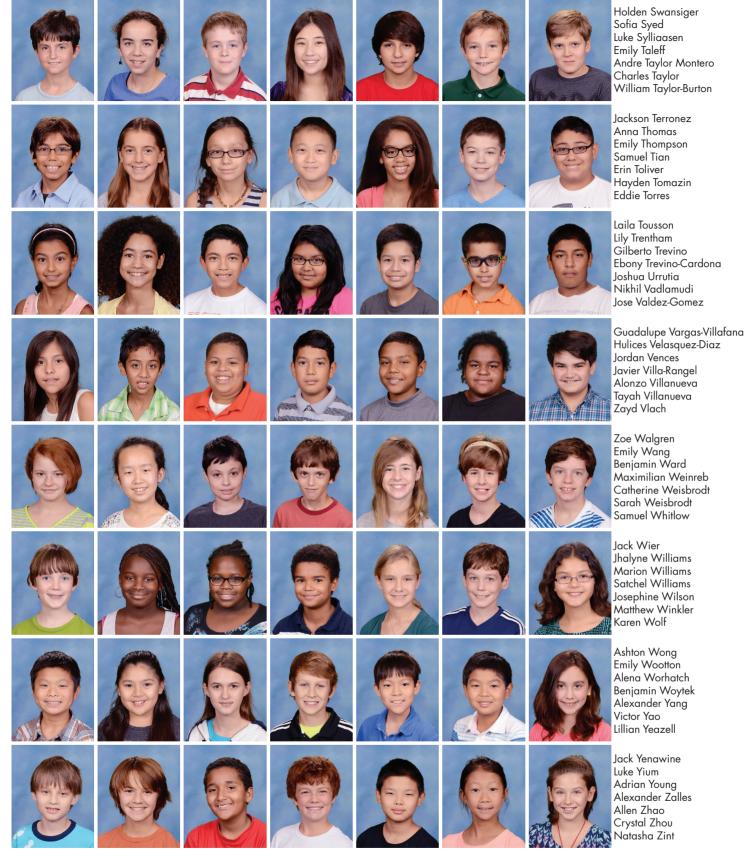
Many students like Ben, participate in physical activities outside of school, like martial arts, dance, and a number of other extracurruculars. These activities compliment their studies, while also keeping them fit and active. But activities like martial arts have the added benefit of teaching both physical and mental discipline, challenging participants to push their boundaries.

There are many types of martial arts, but Ben practices Mu Sool Won, a traditional Korean fighting art. "It's very quick and fun to do." Ben proved that busting boards isn't a myth, saying, "Yes, you do actually break boards."

Story by Matilda Krell







Aly Hirani (8) has

