

MEGAN BOWERS (TEAM MEMBER)

Long before we boarded our flight at Cape Town International Airport, the journey in preparing for the 6th World Goju Kai Karate-do Championship had already begun. Countless evenings of hard training with Frank Shihan tested our commitment, perseverance and Goju spirit.

Meeting up and training with the rest of South Africa's Goju Kai warriors in Mumbai, reminded us that we were there to compete as a united team. From the opening to the closing ceremony, mixed emotions of nerves and excitement were experienced by each participant, both young and old. For myself, it was awesome to once again to compete with competitors that I had previously met in Cape Town at the World Championships. Even though I did not achieve medal position, I feel proud that I gave it my best, after all, the standard of karate in my division was world class.

As a South Africa family, we supported each other with true Goju spirit. Celebrations at the Sayonara Party had the world dancing the night away. Different countries, different cultures, different teams, all celebrating as one Goju Kai family.