



Sara Benfares

Date of last promotion: 2003 1st Dan

Country: Sweden Dojo: Molndals Funakoshi Karate Klubb

I've been practicing karate since 1996 in Molndals Funakoshi Karate Club, back then ruled by Shihan Sandor Nagy 7th Dan. I got inspired when I was a little girl because my father and my brother were practicing this martial art and I wanted to learn self-defense. I received my black belt, Shodan, in 2003 from Shihan Sandor Nagy 7th Dan. In 2006 my brother Sensei Zakaria Benfares, 4th Dan, took over Molndals Funakoshi Karate Club, and I've been training for him since then. I've also been trained in jiu jitsu by Shihan Pavel Antonsson, 5th Dan.

I assist as much as I can in our club to instruct and help other pupils when it is needed. Molndal Funakoshi Karate Club has existed for 26 years, and I'm proud to say I was the first female who became a Shodan. As never before, it is also pleasant to see that more and more of the members now are girls. In one's capacity as a woman, I try to make every effort to set a good example in front of the girls.

Karate is something very close to my heart, I really enjoy practicing it and I'm learning so much. Not only about the physical side of karate with the techniques, kata and fighting, but also about understanding the meaning of it and feeling the mental and spiritual side of karate.

Otherwise I work in the medical care industry as a nurse.