

# ~ Ken Watrous ~

Sensei Ken has many titles. He is known by hundreds as a great martial artist, an incredible instructor and an excellent school manager. To many of us, however, he is a friend above all else.

A 3<sup>rd</sup> degree black belt in karate, Sensei Ken began his martial arts career 17 years ago. It was evident from the moment he stepped onto the training floor, Ken was special. Not only was his physical talent obvious, so was his wonderful personality and keen sense of humor. We all loved Ken from the beginning!

Soon after he started training, he was assigned to assist classes. He was just that good. He was a natural with all students. As he progressed in rank, so did his responsibilities. He quickly advanced in the company from lead instructor to school manager to his present position of Senior Operations' Manager overseeing a staff of 30 instructors and assistant teachers.

Sensei Ken is a wonderful family man who places his role as husband and father above all else. He loves to spend time with his wife Stephanie and their two children, Mason (7) and Ali (5). One of the family's favorite pastimes is enjoying Lake Washington on their boat.

If you or your child has ever been in a class with Sensei Ken, most likely you have seen his presentation on the "Wheel of Life". He learned this many years ago as a student himself. Now he teaches students, youth and adult, how to put balance into their own life; family, religion, career, friends and hobbies. It is the rare man who keeps his Wheel of Life in great balance. Sensei Ken is such a man.

## Here's what others say...

"I have known Sensei Ken for half of my life. He is a great teacher, a close friend, and a person I can come to for advise. Without his guidance, I am sure my life would be totally different. He has given me the courage and strength to succeed not only in martial arts but in life. If there was an employee of the decade award, I'm sure he'd win that too." - **Sam Berge, Student**

"Sensei Ken is an extraordinary talent. It's impossible to put down in a few words just how extraordinary that talent really is. He is a truly gifted teacher, an amazing karate practitioner, an inspiration to everyone, a good father, husband, and friend. He has given us all so much. Sensei Ken will never know just how many lives he has touched, and how many of us will hold him in our hearts forever." - **Steve Crawford, Friend**

"Ken Watrous has been a part of our family for the last seventeen years. His dedication to our family and business has been truly appreciated. Much of what Karate West has become is due to Ken. Our daughters look up to him as a role model and as an example of what an adult should be. Ken is a family man who excels at fatherhood and as a husband. We are proud to call Ken our friend."  
- **The Holeman Family**