

# Terry Valentino Teaches Martial Arts to Teens... and Much, Much More

*Amy C. Wild*



**T**erry Valentino's relationship with the martial arts began over 33 years ago under the guidance of his father who was a hand-to-hand combat instructor for the U.S. Navy during World War II. Terry began his formal training at the age of 17. Through his training, he captured the titles of 1986 National Champion of the United States Chito-ryu Karate Federation and co-captain of the U.S. Team for the 1987 Chito-ryu World Championships in Japan.

In 2002, Terry was awarded the title of "Renshi"—Master of Training—and Sensei (Teacher) of the Year in both 2002 and 2004. He holds a 6th degree black belt in Chito-ryu Karate and 2nd degree black belt in Koseido-ryu Jiu-Jitsu. To say that the martial arts has become his life-long journey is an understatement.

Terry's dedication to the martial arts didn't stop with his own personal achievement. Knowing the difficult challenges teens face from his more than 25 years of experience as a high school guidance counselor at North Allegheny High School, Terry offers martial arts training for students ages 13 and older. His classes — taught at the Allegheny Athletic Club in Warrendale — provide teens with training in Karate and Jiu-Jitsu as well as the philosophy of Bushido (the Way of the Warrior).

"Martial arts training in many ways is a right of passage where the student faces challenges, hard training, develops teamwork, confronts their fears, and discovers their true self and the source of inner strength," comments Terry.

One of Terry's students, Tessa McAnally, an eleventh-grader from North Allegheny said, "Training at Sensei Valentino's dojo is an incredible personal journey with a team effort twist where you learn about yourself while gaining a passion for becoming your best, not to win, but to help yourself improve physically, mentally, and emotionally. I have changed as a person, no longer settling for what's required, but shooting for my personal best." ❁