

Dan Eigenberg Feature

Dan Eigenberg breaks out of his comfort zone to learn the art of Okinawan Kempo.

What seemed at first to be an activity for him and his wife to do together, **Dan Eigenberg** said he quickly learned to enjoy the style of martial arts called Okinawan Kempo.

Eigenberg said his passion began in 2010 when Eigenberg's wife, **Anne Harvey**, believed he would enjoy martial arts. Soon after, Eigenberg said they both decided to enroll at Lenexa Karate. Harvey trained in martial arts previously, but Eigenberg said the new art posed a challenge for him, despite his athletic background.

"The moves were foreign," Eigenberg said. "I was very stiff and robotic and it drove me to continue to work really hard."

Contrary to Eigenberg's opinion, Eigenberg's chief instructor, **Dan Kennedy**, said Eigenberg learned quickly because of his great physical shape, although he practiced often.

"It takes about five years to get a first degree black belt," Kennedy said. "He's been at it much longer than that."

Eigenberg said he trained at the dojo for six or seven hours per week before he finally earned his first degree blackbelt. Although Eigenberg said he experienced accomplishments in his life such as graduating college or receiving his masters degree, earning his black-belt signified his first unexpected accomplishment.

"This is something that I 100 percent said I want to do, I'm committed to doing, and I worked really hard and saw it through to get my first degree black-belt," Eigenberg said.

Eigenberg said that because Harvey already trained in martial arts, she assisted him in the process of earning his black-belt.

“I was able to help him out and see what areas he needed to improve on, and then if he had questions, I was able to answer them quickly.” Harvey said.

Eigenberg said their love of karate brought about a “no karate in the house” rule, meaning they no longer allowed each other to try out new skills on one another outside of the dojo. Because of their similar passion, Harvey said martial arts provided them an easy conversation topic, and gave them something in common to enjoy.

“It makes me happy we can watch the same nerdy Kong Fu movies, and it’s something nice to talk about that’s not work,” Harvey said.

Eigenberg said he taught at Lenexa Karate as well. Kennedy said Eigenberg was an outstanding man of integrity, and a good student and instructor.

“He’s a trained teacher, and he is nicer to the students than I am,” Kennedy said. “He’s very collaborative and he has a lot of patience.”

Eigenberg said once martial arts felt more natural, the intensity of his training declined. Although Eigenberg trained less often, he said he still practiced a few days per week and learned different styles of martial arts. Eigenberg said training for eight years in Kempo made him feel more secure.

“There is something nice knowing that if I’m walking down a dark street, I am probably O.K.” Eigenberg said. “If someone wants to come at me, whether they are trying to mug me or they have a knife... I can probably carry my own and take them to the ground.”