

Barfoot and Thompson - Young Authors Challenge 2021



'Raf' by Sunny Hamiora, Aged 10, Kaeo School, Northland.

Rafael Oliveira is the person I most admire. We call him Raf for short. He is my community's Brazilian Jiu Jitsu coach. He is 42 years old and has been doing Jiu Jitsu since the age of 16. He has been teaching Jiu Jitsu for over 17 years now.

What I like about Rafael is his eagerness to teach us and the way he encourages his students to be the best we can be while training, but also when living our personal lives. I once asked him what his favourite thing about teaching Jiu Jitsu was and he answered "I love to see my students giving 110% in and out of training. When I see them hungry to learn and become champions, not just in tournaments, but at home, school, with friends and family, it fills with me pride and a sense of achievement".

Through Jiu Jitsu we learn a lot of things, discipline, problem solving, self-confidence. I hope that one day I can grow up and earn a black belt (the highest belt) just like Rafael and I am sure that I will because he has inspired me to keep going, even when times get rough.

Raf is fun to work with, he is fair and thoughtful. He is skilled at a lot of things but most of all he is an awesome role model to everyone he meets – that's our Raf!