



NOT JUST FOR KICKS

The practice of karate pervades **Mary Hagerman's** work life, family life – even her recently published book

KARATE IS a family affair for Mary Hagerman. A Montreal-based portfolio manager and investment advisor with Desjardins, Hagerman has been a practitioner of Shotokan karate for 20 years and is currently studying for her third dan. She's only ever taken a break in her training once: to give birth.

It's fitting, then, that her daughter took up the sport at the age of 6 and qualified as a black belt by 15, while her son and husband, a relative latecomer to the sport ("he joined after 15 years of

watching me do it"), both tapped out after reaching the rank of brown belt.

Hagerman credits the martial art, which she praises for its combination of "power, speed and flexibility," with bolstering her work life – so much so that she recently penned a book, *The Black Belt Investor*, that intertwined her professional life and her love of karate.

"Karate is my best defence in being effective as a money manager," she says, "to view the markets without letting emotion interfere with my decisions."

6,000

Hours Hagerman has devoted to karate, in both class and practice

12

Exams Hagerman had to pass to attain her current level

20

Number of *katas* (simulated defences) known by those at Hagerman's level