

MISS. KARA GOUGH
2nd DEGREE BLACK BELT THESIS



Instructor: Master John Kirkwood. A.I.M.A.A Scotland

At training sir pushes me to try my hardest when I am stretching, when I watch sir stretch he can go down as far as us and sometimes even further than us. Sir pushes me at my patterns, sparring, one-steps and line work, in the line work some stuff I really like because I can do it sometimes there are harder ones. I used to find really hard the abs workout, when you sit back and lift up your legs without dropping them, I used to drop mine because I could not do it I was telling myself that I can't.

When my mum had any spare time she would always help me to become better, if it wasn't for my mum I still probably wouldn't be able to do it. It taking me a couple of days to do it but if my mum didn't help me or be there for me I couldn't do half of the stuff that I can do today. Now when Sir shouts it out in class I'm like yeah I love doing this because I tell myself that I can do it. Now I practice it in the house with Kirsty and mum. Once we had a competition just between Kirsty, mum and me to see who could hold your legs up the longest, that day I realised how heavy your legs actually are.

My training partner is Jack Reid we train together practice all of our stuff together for competitions, testing's etc. At competitions Jack and I always have done team patterns and one step together, at our one step I always wear a hair band and every time I wear it we win and it always falls out when we are doing it so I will always wear that whenever I do my one step. When we are at training we always push each other especially at squad training because squad training is your hardest training which makes it the best training. At squad training sir does lots of different exercises to build strength and stamina, usually we do death ball, we run and sir stops us and does exercises then sometimes we do sparring or sometimes circuits.

Death ball is basketball mixed in with tae kwon do, as soon as you get the ball you need to pass it to one of your team members or you will go into a scrum which is a bit like grappling which you don't want to. One night I got the ball and I got put in a scrum I managed to keep hold of the ball and pass to one of my team members. I always try my hardest at any training but at squad training you sometimes get the banter going and that really pushes you to keep going. Some nights you are really struggling and if everyone shouts and supports each other, then it really does help you to push that we bit more.

The first time I ever saw Grand Master Hee IL Cho was at the 2008 summer camp. As we were on our way there I was so worked up, happy, excited and nervous all at the same time. We got there and sat down our kit bags, we looked through the curtain and we seen Grand Master Hee Il Cho stretching that is something I will never forget seeing because I was actually seeing him in real life not just on television or in magazines and how amazing his stretching was and his own individual warm up.

At summer camp I was so amazed by how many people were there it was the biggest amount I have trained with then. At the summer camp one day Grand Master Hee IL Cho taught the kids, I was so excited and I got even more excited because when I got put down the front of the row, it was really good I enjoyed it I have not forgotten this and never will when Grand Master Hee IL Cho asked us "Who can do fifty side-kicks on the spot"?

Some of them put up their hand but no one could do it but they all tried I was the last person to put up my hand and Grand Master Hee IL Cho said go and I done it after that I felt so good that I done it because I never knew that I could do it and I said to myself come on I can do this and I did. It was really brilliant you got to train with all different instructors, learn all different things- new things, see other people and make new friends.

Mrs. Farrell is just so fun; she makes everything so fun, enjoyable and memorable. I call her Mrs. America! As she is so funny and great to train with! I remember training with her and two other students we done our pattern she would make you feel really good no matter what. When I finished my pattern she said to me" Well done that was good and powerful" the way she said it was really good as if yeah go girl. Mrs. Farrell was teaching the kids then we played crab football it was so fun I was team captain for my team, I had never played it before but even today I play it. Later on that day I done weapons with Mr. and Mrs. Farrell, it was really good but some of the things I really could not get but Mrs. Farrell came and helped me how to do it, it was so much fun listening to her and watching her everything she done I wanted to do and I can't wait to see her again.

Master Ameris the first time I seen him I was like wow how tall he is and I thought I was quite tall but when I stood next to him I was a midget. Master Ameris classes I learned allot about self-defence I done this with my sister and Tammy Sutherland and I remember Grand Master Hee IL Cho watching us and we didn't know what to do so Grand Master Hee IL Cho came over and help us he demonstrated with my sister and we got it after that. Hopefully we will do it again at 2010 summer camp.

In Ireland we have really close friends like Ash, Mr. Power, Daniel, Nora and lot's others. Last New Year Mr. Power and Ash invited us over to stay with them for New Year it was fabulous we really enjoyed it. This was my first time ever seeing a coal fire it was so warm when you sat next to it you got burnt after a while.

One day we went a walk and after we were finished we all taking wood home for the fire it was brilliant. That night I ate eight burgers but I struggled it was a great laugh. If I didn't do tae kwon do I wouldn't know all of these wonderful people. Mr. Farrell (Big Dan) had us over to his house when there was a competition on it was brilliant. At the competition Mr. Farrell was fighting someone from TAGB club he was the same build as Mr. Farrell. They two were fighting and everyone that wanted Mr. Farrell to win started shouting "Daniel" "Daniel" supporting him all the way wanting AIMAA to win.

When Mr. Farrell taken us back home we ordered pizza it was so fun that night we had such a laugh. All of this because of AIMAA training with Master Kirkwood and I hope to always be a part of it.