

JACK REID 1st Kup

1st Degree BLACK BELT ESSAY

Instructor: John Kirkwood 5th Degree

I started Te Kwon Do when I was four years old at Larkhall leisure centre. My Instructor is Mr Kirkwood and I attended classes on a Wednesday and a Sunday night from 6.00pm till 7.00pm. Mr Kirkwood also ran another club in Blantyre. I was at Larkhall for a few years but moved to Blantyre with Mr Kirkwood and some of my friends moved with me.

Mr Belgacem and Miss SHaw now run the club in Larkhall. When I first started we used to be under the S.T.A (Scottish Tae Kwon Do Association), we are now A.I.M.A.A Scotland. I have travelled all over the World for competitions. When we were the STA we only travelled to England, but since we joined A.I.M.A.A I have gone to Ireland and I am going to the Summer Camp next July to America. I am going to train with Grandmaster Hee Il Cho and learn some new moves.

I train very hard for competitions. I have won great awards such as two gold's in the A.I.M.A.A World Championships in Dublin 2004. This is the main achievements I always wanted to get. I am the Scottish, English, European, Irish and World Champion. I have won these awards by training hard and having a great trainer.

I moved with Mr Kirkwood because I was using his methods since starting and I didn't want to change to a different trainer who teaches different things and that was a great decision because just look how far on I am and how much I have achieved in my Tae Kwon Do experience.

We do normal (traditional) on a Tuesday and a Friday. In normal training we do a warm-up or stretching the legs and arms. The warm-up is usually running up and down the hall doing press-ups, sit-ups, and punches.

We practice patterns (forms), sparring and one-step after the warm-up. We also do squad training on a Thursday and Sunday. At this training we train for competitions and do sparring combinations. Sometimes we do sprinting to improve our stamina.

Since I started squad training I have found a great difference in my performance like winning more at competitions and getting stronger. Going to this training has awarded me with many good awards.

We have an award ceremony every year in which I have won "Student of the Year" twice, "Competitor of the Year" and outstanding achievement. I also attended an award ceremony for South Lanarkshire Council in which I was awarded "Sports Performer of the Year" I was very proud to get this but especially for Mr Kirkwood.

I am looking forward to achieving my Black Belt and hope I do well at the grading. I have so much to look forward to as passing my Black Belt is just the beginning. I have so many people to look up to e.g. Grandmaster Hee il Cho, Master Darcy and Master Ameris, but the most important person I look up to and most want to be like is my Instructor Mr Kirkwood soon to be a Master.

I picked Tae Kwon Do as a sport because it teaches you how to protect yourself on the streets if someone attacks you. It keeps you fit and healthy because you are exercising your body and keeps your bones hard and tough. You achieve so much awards and gain friendships with people.

To end this essay by looking forward to the future in Tae Kwon Do. I have still a lot to learn and a lot to achieve. I hope to gain more Degrees and one day to become an Instructor and run my own club and make Mr Kirkwood proud of me.

