

KARA GOUGH 1st Kup

1st Degree BLACK BELT ESSAY

Instructor: John Kirkwood 5th Degree

Along time ago in the year 2001 I started Tae Kwon Do at Larkhall. I trained with Mr John Kirkwood at the Larkhall club. My sister was already there and I never got to see her that much, because she was half way up the class and I was down at the bottom!

I enjoyed the Tae Kwon Do and it was exciting. I wanted to go back because it was good fun. Down in Larkhall at training Sir would play games sometimes my favourite games where "tig" and trying to catch bouncy ball's. When Sir threw them if you didn't catch one you got exercises, it was great fun.

When it came to my grading I got really nervous and scared. On my grading I had to work really hard. On my last grading it was hard as I had to remember more patterns, self defence, meanings and one-step. When I passed my grading I was happy because I got a higher belt and I wanted to do my best and get better.

The grading was harder but I didn't want to give up. I have become a better pupil at school and listen more. My behaviour is good and I learn more this way.

At competitions it was very exciting to both watch and take part. At Ledbury (2003) I done my pattern and I got my first Gold ever. At another competition after doing my pattern Jack (he is my best friend at training) was signalling me and saying that I was third, then Second and then he said "You may have won first" Jack was so excited for me when they called out my name for first place!

This year we went to Dublin we done breaking and sparring on the first day we done breaking and sparring. For the breaking I got third place and for my sparring I got a first. Then the next day we done team patterns, and one-step. I done my team pattern with my friends Henry and Jack, and we got a second place. Every time I watch Sir do his patterns I want to do mine like that, so I keep practising and trying harder every time.

Jack and me done really well, in our one step. We were in with a big category, Jack done really good and we got first place. I really enjoyed it, it's great when the whole squad wins, and makes Sir proud. I wouldn't have done it without Sir, he has taught me to do all my patterns, one step and how to fight.

Everything Sir teaches me I try to remember, to put more power into my patterns and to make my stances better. At squad training we have been playing basketball but it isn't quite like basketball we play. We play "Rugby basketball". I like it because it is fun! It is funny sometimes when we get in the scrum because you see people squashed up.

Sir always tells me to keep practising and make it better. When sparring, Sir helps me and tells me what to do like side kick and when I do get the points and can win. But sometimes Sir makes training fun which I really like as well, especially when we have to "tig" Sir and if we do this we get a prize of a £1.00. I like training, because I can learn something different every time I go. Every night is always different which makes it new and fun. I don't get bored when I am training.

I have been looking forward to my Black Belt grading for years. I don't want to let Sir, Mum, Jack or my sister Kirsty down. I am excited to go for my Black Belt but a bit nervous. Tae Kwon Do means everything to me because I have been doing it for years. I rush home from School and do my homework then get changed into my Tae Kwon Do stuff to go to training. If I'm having a bad day at school I know it will be better when I am at training.

