

James McCaig 1st Kup

1st Degree black belt essay

Instructor: Master John Kirkwood 6th degree black belt

I started tae-kwon-do when i was 8 years of age at the Blantyre sports centre. I had a few reason for starting tae-kwon-do but the main reason was keeping fit and learning to defend myself. one of the other reasons why i started Tae-kwon-do was that i needed more confidence with meeting new people as well.

When i started Tae-kwon-do for the first time i walked into the hall and i saw everyone, i got nervous but after 10-15 minutes i started to enjoy myself. After the training session i was quite tired and almost fell down sleeping at the end of it.

After about 6 months I got my first grading which was nerve racking and scary, but I wasn't alone there were loads of other people going though the same as me. During the grading i was always making sure i did my best with everything and making sure that everything i did was the best I could do. About half way though the grading i got quite tired but i have to persevere though the tiredness.

After my first grading everything got harder but i was starting to get used to the training and being around the new people. I felt this improved my confidence elsewhere in my life and if i hadn't started tae-kwon-do i wouldn't be as confident as i am today.

When i was 12 and had my green and blue tags i moved club for a while. It was a new club with not many people in it, I stayed in that club for about a year but i never got a grading form, I wondered why i didn't and the instructor told me he wanted everyone to be the same belt. Due to that and the fact that he moved apart from Blantyre and Master Kirkwood it was about the time we decided to go back to the club in Blantyre.

I found when i went back the people i knew where all higher belts than me and the only reason i wasn't that belt was because i had been held back. So i tried my hardest to get my gratings and to better develop my skills, during this time i struggled a lot with my Korean and patterns but i got though it.

Now after 8 years of tae-kwon-do training it is my time to go for my black belt, i am training 3-5 times a week and studying for my black belt every day. I also keep running though my Patterns and 1 step to memorise them and prepare for my black belt grading.

In my future i believe Tae-kwon-do will play a major part of my life, and i am hoping after a while i will be able to open up my own Tae-kwon-do club, and help many people get fitter and reach their goals through Tae-kwon-do. This will always be a major part of keeping me fit and disciplined throughout my life and hopefully i will be able to train other people to reach their full potential by following the direction of Master Kirkwood and through him Grandmaster Cho and AIMA.