

Black Belt Essay

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I first started Tae kwon do about five / six years ago. When I started doing Tae kwon do I didn't know anything about it. Intill one of my friends introduced me to it one day. There was a few reasons why I started were because my friend had been going on for weeks saying it was good, so I wanted to see what it was like for myself instead of taking my friends word for it. another few reasons why I started Tae kwon do were because I didnt have much self confidence and when I was younger I used to get bullied. So I thought to myself if I started doing Tae kwon do it would help me build myself confidence up so I could stick up for myself rather than letting people push me about.

and tell me what to do etc.

I have been training really hard since I started doing Tae kwon do. The most hardest and nervous thing I have ever done has got to be my black belt grading. I didn't think I had passed it because during the grading I was sick and fractured my big toe, but in the end I passed. I was so happy and proud of myself for once. I was that happy I started crying. If I sit my second dan and passed it I would be even more happier. If I did pass my second dan I would be reaching another one of my goals in life.

I really enjoy doing Tae kwon do because it keeps you fit and when your training you get to work and know new people. To be honest I like everything in Tae kwon do but my favourite thing has got to be sparring, mostly continuous because I like fighting. It also allows you to get used to getting hit and helps you to control your strength. It also helps you keep your stamina up because your sparring without any breaks.

I also like doing my patterns because its the art side of Tae kwon do. each pattern represents why ~~the~~ and when Tae kwon do was created and very important people and youth groups. My favourite pattern has got to be Chung mu. The reason why this pattern is my favourite is because it has jumping kicks and 360° turns and I good at doing them.

Another reason why I enjoy Tae kwon do so much is because of the competitions. When your at competitions you get to meet new people. In competitions I like sparring the best because of ~~servite~~ servite different reasons. When I have been to competitions I have won trophies and medals for winning, but it doesn't really bother me if I win because in the end its all about taking part.

Tae kwon do is a part of my life now and always will be because I enjoy it so much. I couldn't ever imagine my life without it, id be lost to be honest.

To finish my essay I'm just going to say that I really hope I get to sit my second clan and a big thanks to everyone that has helped me get this far.