

My Journey In Taekwondo

Taekwondo is a Korean unarmed martial art. Tae means foot, Kwon means fist and Do means way of doing things. There are five tenants of taekwondo – self-control, perseverance, integrity, courtesy and indomitable spirit. I am doing taekwondo for 3 years. I was 4 when started taekwondo. My mommy put me in taekwondo to protect and defend myself. I got my uniform and tested for my white belt then I tested for orange, yellow, yellow with green tip, green, blue, blue with red tip, red and bodan belt. Now I am a bodan belt. I need to get my stripes to test for my black belt. I am going to practice and work hard. I will test on October for my black belt. My master teaches me sparring, forms and breaking. I also learn hand techniques and kicking techniques. I like sparring the most. I have a lot of friends. We have 3 masters to train us. I have been to a lot of tournaments and I have won a lot of medals. I would go to nationals one day. I want to make my masters and my parents proud. I want to be like master and train people . I would like to thank my masters at southern maine taekwondo. Master E, Mrs E And Master Littlefield for practicing and training with me.