

What I Like About Taekwondo

By: Kimberly Gray

I like taekwondo because I like learning how to defend myself, which is important to know, so I don't get into trouble. I like learning techniques such as forms because it helps build concentration and power. I like learning how to spar because it helps me gain confidence. Taekwondo is a big part of who I am because I am willing to work hard to get my black belt, which is a dream of mine. I will do what ever it takes to get it. I know it's getting harder, but I know I can do it.

I like learning different taekwondo forms because they teach me to focus and pay attention. They teach me discipline and respect for myself and martial arts. The forms give me courage to keep trying my best. Also, don't quit just because it's hard.

I like sparring because it helps me to prepare for when I might have to defend myself in real life. It helps me build up confidence and speed. It's fun learning new ways to kick and throw punches. Practicing helps me get better. Sparring is helping me work hard to earn my black belt.

I want to follow my dreams to be a black belt because it encourages me to work harder and it tells me to always go forward and never quit. It's a big part of me because I want to become an instructor. Grand Master and Instructor Danny have inspired me to go for it. I'm looking forward to teaching people about my favorite sport. I really enjoy learning this art.

In conclusion, it has made me a better, stronger, and more confident person. Martial Arts will always be a part of my life because it makes me feel proud. I can put my mind to anything and I can accomplish anything I want. I love the martial arts!