

Tae kwon do paper

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I'm often asked why I started tae kwon do. I began tae kwon do for something to do. I didn't think I would like it because I was one of the youngest in my class at the time. When I first saw one of the classes I thought it looked easy. The next time I went I tried to do it. I found out it's not that easy when you first start out but if you persevere and have an indomitable spirit you can excel in tae kwon do. Then go all the way and tough it out. You'll be tired after every class but you'll learn something new every time you go to class.

Once you decide to stick with it, you can go for your black belt. It gives you the satisfaction that you have completed a journey. Then you might wonder what comes next. You start the next part of the journey. The answer is that after achieving your black belt, you can tell other people about your experiences and help them get through it themselves. Then you see what they've done and feel a sense of accomplishment through their success.

This accomplishment is a big thing because you reach the goal that you've been reaching for. You also you get in touch with yourself and realize who you are. Tae kwon does help you realize your emotional and physical limitations. It also helps you stretch yourself beyond your preconceived limitations. You meet people who you would have never met before you started tae kwon do. You get to know them and realize you are going for the same goal. This allows you to make comrades of those who were once strangers.

My path in Tae kwon do has been long, but I know I've benefited from it. The greatest benefit, as I see it, is the length of time it takes. By the time you finish, you know more about it and you can teach other people. My path in tae kwon do has been long, but my parents and instructors have been with me through out the journey.

The road to my black belt has been the hardest and longest stretch of the journey. There are upsides to being at my belt level. It works out that you have been in tae kwon do for so long you are thinking o'boy I have been in here so long it doesn't seem that long. It means that you have almost reached a goal from when you were a white belt.

Unfortunately, the journey is too difficult for some who get stressed and can't take it. When you start with tae kwon do they do want you to get your black belt. Many do not realize the time, dedication, or work required to complete the goal. So it's pretty exciting when you get to your black belt.

So you get closer to that goal and slowly get ready for the test. You get all of your papers and all that good stuff then you learn it and perfect ever thing. Through this process you meet new people who help, mentor, and teach you what you need in order to succeed. Often they tell you what they did to start tae kwon do. Their personal experiences give you a head start, and keep you from making some

of the mistakes they did. They tell you what they would have wanted to do better or different. That knowledge can save time and energy that otherwise would have been wasted.

The trait I think is the most important is courtesy. You should always be respectful to those with more experience than you, because they can help you so much. Often, you don't realize how much you have learned until after it's done, then you think that works better than what I was doing before. Or if someone helped you with your break. You learn from them and you get better because of that. Then you help someone else that has that same problem.

It's a pretty cool feeling when you finally are reaching a goal that you have had since you started. Also this allows you to teach others as well. You can tell them what you were like back when you that belt level and help them through their journey. Then you get to do things you didn't get to do before and practice with other people at your belt level and up. Then you go different places for different tournaments Through out the process and meet people from other types of tae kwon do.

Perseverance means that you go throw something until you get it done. Indomeible spirit you don't give up on things when you are having problems. Courtesy means to me is you respect people have more experience than you. Self control is when you can control yourself when your mad or you want to punch someone. Integrity your honest with everyone including yourself.

Tae kwon do teaches you balance of your mind and body. When you have balance with yourself you think better and your more in touch with your limitations. You also learn how to have a different mind set. You also learn how not to have to resort to violence when you get attacked. You can talk it out and be the persons best friend.

All in all it has made me a better person. I am more confident and sure of myself. It's taught me so much about every thing. It's been a great experience for me and I really have enjoyed it. I really enjoy it and I have met a lot of new people. It's been a really good for me. That has been fun and yet it's been challenging. I've had a blast and thank you.

I just wanted to say thank for teaching me and the tips.