

I became a Tae Kwon Do student in 1990 when I was five years old. I first became interested when I watched my dad a few times. Then I started doing techniques on the side lines with them. Then after I did that a couple of times I joined up with the school. There are many things that have changed my life. Tae Kwon Do has taught me how to deal with other people in my life. My first instructor Was Mr. Meggers who instructed me for about three years before he moved to Chillicothe in 1993. After Mr. Meggers left, Mr. Folgate began instructing the class for a few years then he started farming So Doctor Hall started teaching the class. It has been hard having my dad as an instructor because he wants me to follow the tenets at home and at school as well as in the dojang. Tae Kwon Do is very hard if you do not say you can do it in your head. It used to be discouraging when I could not do the techniques right but now it is much easier. I like to look back and think how hard it used to be and now how much easier it is to do the basic techniques. Dr. Hall and Mr. Hall have really influenced me a lot and they are very good role models to me. Tae Kwon Do has helped me in school because the third tenet perseverance a helped me to keep trying if I fail the first time. Self control has helped me to control myself so I do not get in a fight at school when somebody is aggravating me. I think Tae Kwon Do is good discipline and hard work but I think it is a very good workout if you try hard and do it right. I have been training for five years and Tae Kwon Do is one of my main priorities now and I try to go to all of the classes especially when I am needed to help lead class.

It is hard for me to lead class because I am still a kid so the younger students will not listen to me very well so it helps if there is an adult to help me control the class. It is hard for me to work with the younger kids because they like to goof off. Now we have more higher ranking belts ate our school so I do not have to teach as much. I like Tae Kwon Do because it teaches good discipline and when I fail to teach the young students what they need to know perseverance helps me to keep trying and do not give up. When I am playing baseball self control helps me not to get mad and throw the equipment around at the ball games.

I think Tae Kwon Do makes it easier to deal with people and life. There are five tenets of Tae Kwon Do. The first one is courtesy. Courtesy is being nice to others and being patient with others when things are not going your way all the time. If someone makes you mad you should stop and think about what you are doing so you do not end up hurting someone physically or emotionally. Courtesy should be used inside and outside the dojang especially higher ranking people. Sometimes it is hard to keep your temper under control because you can get very mad. I think courtesy is very important. The next tenet is integrity. Integrity means to be honest and loyal you should do what you said you would do. That means that you should not try to lie your way out of punishment. The next tenet is perseverance. Perseverance means that if you fail you should keep trying until you achieve what you are wanting to because you should never give up especially on the first try because next time it will be easier for you to do it because you may know what you did wrong the first time you tried so next time you can do it different and maybe get it right. The next tenet is self control. Self control means that you should control your self no mater how mad you get at whoever because if you do not you may

end up hurting someone either physically or emotionally and if you get mad you should stop and think about what you are, doing or saying and count to ten. The last tenet is indomitable spirit. Indomitable spirit means that you should never let anything get you down you should always do your best and keep trying no matter what happens and if you foul up once do not let it get to you but do better next time. Now I just want to say that it has been nice having Mr. Heintz to help me all the way it has been good knowing that he is there for me all the way.

The End