

I started Tae Kwon Do September of 2008. The number one reason that I began was to spend time with my children. Three started class with me but only two of them continued. It was an activity that we could all participate in and have fun together. I have really enjoyed working with my children and watching them grow. With each belt we have learned together and got closer as a family.

As time continued I realized that the exercise that I got during classes was very beneficial to me. There are many times after starting my day at four in the morning that I do not want to go and workout at the end of the day. Once I start I am always glad I came to class. Tae Kwon Do helps me to stay physical fit as I get older.

My first teacher at Lamoni was Mr. Meek. He was the first of many great teachers. I have learned so much from each one of them. They are each inspirational men and women. I feel very blessed to learn from each of them.

One of the things that we are expected to learn is the tenets. With each one of them courtesy, integrity, perseverance, self-control and indomitable spirit I gained a deeper love for the sport. Each one of these are the way I believe that

a man should live his life. Integrity to me is when we adhere to the values that we say we believe in. Perseverance is to continue even when it is difficult. Indomitable Spirit says to me that I will endure to the end. Courtesy is a respect we are to give to others around us. Selfcontrol is to have control over the natural desire to do everything in excess. As a man who serves God I desire to have each of these tenets into my daily life.

When we got to the green and blue belts we started to go to the Art of Tae Kwon Do in Bethany. This is a period when I think it got even more challenging. We were pushed to a new level. We were taught to always be aware of our surroundings and to be alert at all times.

When I became a brown belt I think the learning process started all over. I may have thought I knew a lot but I had so much more to learn. I have been pushed to the point that I thought I could not give an ounce more effort and yet I did. I have experienced pain and success along this journey. It is a trip I am so glad I took.

I especially like to teach the new students their forms and to watch them get excited about learning. Tae Kwon Do has so much to offer each person who chooses to learn from it.

I think Tae Kwon Do has helped me to grow as an individual. I am more confident when I face new experiences in my life. I am excited about becoming a black belt. It is the next step in my journey with Tae Kwon Do.

Ron Jackson