

What Tae Kwon Do Means to Me

To me Tae Kwon Do means confidence and peace of mind. Over time Tae Kwon Do gave me the confidence to not be intimidated by others. People try to use intimidation to strike fear in others, but I have been trained mentally to ensure that I am not a victim of pointless intimidation.

Tae Kwon Do provided me with peace of mind by preparing me physically to a point where I know for a fact I can defend myself. I no longer have to walk in public with fear in me. Over a course of time my fantastic instructors molded me from a boy who doubted himself in hand to hand combat to a man who is capable of defending himself against multiple hostiles when walking away isn't an option.

I took an oath to live my life by the five tenets of Tae Kwon Do: Courtesy, Integrity, Perseverance, Self-Control, and Indomitable Spirit when I first began the martial art. My favorite tenet is Perseverance because I will never give up. I will always do my best to better myself even when the going gets tough.

I am very thankful I took the opportunity to join Tae Kwon Do. This is a decision of my life that I will never regret making. I am also happy because I made some really strong bonds with my peers and my instructors and I hope that bond never breaks. I will continue to practice the Art of Hand and Foot Fighting until I am no longer physically capable.

Danny Escueta
Two Rivers Martial Arts
Bethany, MO.