

What Tae Kwon Do means to me

Tae Kwon Do means many things to me. It has allowed me to share an opportunity with my 16 year old son that we both enjoy. It is not often that we can find common interest with our kids especially as they grow older.

Tae Kwon Do has provided me an avenue to share with my son something that has been very important in my own life for a long time the martial arts. We have grown closer together over the last 3 years as we have faced similar trials and victories learning forms, one steps and breaking. We made a deal with each other when we first started that we would not test or advance without the other being there. I was very proud of my son last year when after I had undergone knee surgery I told him to go ahead and test without me as I didn't know how long it would take me to get back into the swing of things. Zachary's response was that we started together and that we would finish together and that he didn't mind waiting until the next test date as that would give him more time to get his forms down pat. What a complete pleasure it is to see a young man grow and mature not only in the martial arts but in life.

Tae Kwon Do has helped me from a physical stand point as well. When I started 3 years ago I was 60 pounds heavier than I am today. It has been great getting in shape again at 48 especially doing something that I enjoy. Mrs. Slatten and Mr. Strade have both been an inspiration to me to keep myself in better shape as I get older. It has been a blessing not only to me but to my family that I have gotten in better shape. It is nice to have the breath and endurance to do the activities that we enjoy as a family.

Tae Kwon Do has been a great stress relief for me as well. It has been great to have a place to go and work out the frustrations that work and life throw at us. There is nothing like sweating a little to forget the bad things that happen in our daily lives.

Tae Kwon Do has allowed me the opportunity to meet a host of new folks and develop some new friendships as well. It has been very exciting to get to meet people from all walks of life that share a common interest and goal. Going to Tae Kwon Do class is like going home everyone is glad to see you and everyone wants to see you do well. It is a great place to get inspired and hopefully I will have the opportunity to inspire someone else to be a better martial artist.

Tae Kwon Do means a lot to me, maybe not in the traditional ways that it does to others but in ways that are important to me. When I started the martial arts as a 16 year old kid I did so to learn to be a better fighter. My instructor at that time told me if that was all that I wanted he could teach me what I wanted to know in less than a month but if I wanted to be a martial artist it would take a lifetime of learning and practice. His words were confusing to me at the time but intrigued me enough to start on the martial way. I earned my first Black belt 4 years later because I wanted to be a better fighter. I went on to study several different styles over the years and learned many different techniques and forms and ways of fighting. Now 32 years later I am preparing for another Black belt test. I am not hear this time because I want to be a better fighter or have any desire to show any one up. I am hear strictly for my own satisfaction, of knowing that I will perform to the best of my abilities. I am hear to see my son perform to the best of his abilities. I am hear to demonstrate what my instructors have taught me and to show that they have taught me well. I am here to support and encourage my classmates. My martial path has been a long and twisted one but has led me to where I am today. Tae kwon Do has helped me to be a better father, husband and friend than what I was 3 years ago and for that I am very grateful.

This is what Tae Kwon Do means to me.

Lanse Fish