

Taekwondo has taught me so many things that can be carried throughout the rest of my life. Taekwondo has made my life so much richer and full of positivity as I lean virtues and all around have become a better person. I have changed and strengthened myself both physically and mentally.

For the physical change I have got stronger in my arms and legs. I have also become more flexible as I can now kick higher than before. I gained so much more muscle and I feel better. I feel stronger and I can do things so much more easily than before. Everyday tasks like taking out the trash or carrying groceries feel so much easier.

I have also changed mentally, as my mentality has changed immensely. Respect has improved all of my relationships as this respect has made me more friends and people like to hang out with me and more people are showing respect back. I have all around had better and more pleasant interactions with people. As a result of these interactions I have now had a better mood and generally am happier. I also have more respect for my mom and that causes a happier environment at home. I also have a much better relationship with my mom because I respect her more.

Another big concept that I gained from Taekwondo was self confidence, as I now have confidence it unlocks me to be so much more of myself. This self confidence has even helped me at school as before I was hesitant and anxious for speaking in front of the class because I thought that I was going to mess up or embarrass myself. Now it is a different story as I am now completely fine and feel as it is natural when I go in front of the class and present something. This natural feeling when I speak in front of the class has helped me not stutter or sound quiet when I am speaking, which has helped me get a better grade.

I have also gained so much more discipline as my whole attitude and behavior have changed. I know I am a better listener and I am doing much better in school. As I have more structure and I don't mess around and I know what I can and can't do. This structure is because of discipline. I know that I can't act like a normal kid, and my standards have to be higher if I want to be great. If I want to be successful I need to be better than anyone else. As before I didn't have any of these skills and would get in trouble. Before I didn't think I had to be better than others to succeed. I didn't have the respect for people that I do right now. I was going about my life not having any structure and mentality that I have right now that I feel is true. I didn't think that I had to be the outlier.

All of these virtues that I have gained from Taekwondo have contributed to me becoming a better person. These have all contributed in shaping me to become who I am as respect has improved my relationships with everyone, my self confidence has improved my public speaking and discipline has helped me with finding a structure for me. This all couldn't have been possible without Taekwondo which I am very grateful for the help I have received.

I have some many goals for Taekwondo as well as my life as they're so many things that I want to be accomplished. One short term goal that I want to accomplish in Taekwondo is to get first place in this competition. I think that this goal is achievable, if I work hard and practice I can definitely get first place. One long term goal that I have in Taekwondo is to get a black belt in Taekwondo in one year. I just need to keep consistent and I can achieve this goal and I cannot give up. I would have to practice and persevere even if there are times I would want to quit.

One short goal term that I have for real life is to get all of my grades to be an A. Taekwondo helps with this because of discipline, I know that I have to come home everyday and do all of my homework. I know this because of the discipline and rules being taught at my Taekwondo school. One long term goal that I have for life is getting into UCLA. I think that if I can keep consistent with my short term goal, I could get into UCLA. Taekwondo would help with this by showing that I have a black belt on my resume that could help me get a scholarship into UCLA. Even though I am not a black belt, by the time I am going into college I will be a black belt. I will also have more structure by then and can show that I am a good citizen. Another goal of mine is to become a Master at my Taekwondo school and pass on the knowledge that I have learned.

During my time at Taekwondo I have also made so many friends. At my Taekwondo school I have made so many friends and it has made getting used to Taekwondo schedule and work easier. They have encouraged me throughout and have helped me throughout my whole entire Taekwondo journey. I can always count on them if I ever need them to help me if I need help with anything between Taekwondo and school. They are good at Taekwondo as all of them are black belts and can help me if I ever need help Taekwondo.

Some qualities that I respect from people are mostly in my Masters. I respect their ability to remember the entire curriculum. I also respect how strong they are physically and also how they are able to teach how to respect people and discipline me to be the best that I can be. I also respect that they are strong in their minds and they can be fun, but also serious which is one quality I want to have as I can be serious in class but fun at break. I appreciate all of my Masters for teaching not only Taekwondo, but other virtues as it helped me in everyday life. I am very thankful for the opportunity to be apart of Taekwondo.