

My Experience Doing Taekwondo With My Family and How it Has Improved My Life

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My mom kicked me in the head during taekwondo. I learned from that experience. Taekwondo with my family has shaped my life.

My mom kicked me recently in taekwondo, and we could not stop laughing. When we were told to stop, we did not. Because we didn't, we were told to do push-ups. That taught me to respect the person in leadership and to focus on what I am doing. This is an example of what I am learning in taekwondo. I want to continue to learn more about self-control, diligence, patience, and perseverance; I want to continue to learn to use my body to defend myself better, as well. My experience doing taekwondo with my family has helped me and is still helping me in these ways.

I think that self-control is holding yourself back from doing the wrong thing. I need self-control so I don't forget things and am not annoying. I need self-control because I think it is important in the journey to become a better person. I wanted to leave the class once, but I knew not to because that would be rude. So, I showed self-control and did not leave. A time I forgot is when my family and I were going to an indoor skydiving place. When we got in the building and went upstairs someone said, "Is that your white car in the parking lot?" He told us that the door was left open. It was open because I was the one that left the door open. If I had self-control when I was feeling excited about skydiving, I would have paid more attention and shut my door. A time that I was annoying was when I was in the car with my mom. I was repeating the same thing over and over. That was annoying to her, and I didn't use self-control.

Something I have learned about self-control is that you need it to get better at things like taekwondo. Even the most basic stance that you learn as a White Belt needs self-control. In your life, it would be very hard to get a job without self-control. If someone is interviewing you for a job and you interrupt them because you don't have self-control you may not get the job. I have also learned that self-control helps you not to lash out as often. When I am mad at my mom because something doesn't make sense to me, it takes self-control to not lash out. An example of me not understanding my mom is when I am doing schoolwork. When my mom checks my schoolwork she makes me do all the optional papers. I think that I don't need to do the optional papers because they are optional. I have to use self-

control to not get angry.

I will try to improve in the areas where I struggle with self-control. An example of how I'm going to get better is by practicing not arguing with my mom. When I don't agree with her, I will pray to God and ask him for help. I will also ask others to help me practice, and to help me be accountable when I am not showing self-control. When they tell me I am not showing self-control, I will not get angry.

I think diligence is doing your best in all areas of your life. I want to have as much diligence as I can because it can help me to do things more efficiently. An example of how I want to use diligence is by working hard when I am doing my schoolwork, so I don't have to do it again. I have learned a lot about diligence, like that it is useful when I am studying for a test. I can study hard and then I do excellent work. Another example I have learned in using diligence is by getting involved in discussion time in taekwondo. Sometimes I am worried about saying the wrong answer, so I don't participate. I am worried that I will embarrass myself. I am going to try to get better at diligence during discussion time. One way I am going to get better at it is by starting with small things and then moving to bigger things. I can also practice diligence at home. Something I would like to get better at is working hard and paying attention to details when I am doing my chores at home. At home, I sweep and do the dishes. Without diligence, I don't clean the entire floor. I just sweep the big areas that are easy to get to. With diligence, I will sweep the entire floor and move the chairs from under the table so that I will have done the best job possible.

I think that patience is the ability to not get angry or frustrated when something does not go my way. I want to not be frustrated but to be patient in all circumstances. Another reason I want patience is because a man who masters patience can master everything else. That is something that I have learned from taekwondo. I have learned that I need patience everywhere in my life. I need it at home, in taekwondo, and pretty much everywhere I go. An example of something I've learned is that it is better to wait in the car patiently when my mom is talking to someone else than to get frustrated in the car and

ruin the rest of my day and everyone else's.

Although I have already learned a lot about patience, I still need to work on some areas of patience. Two ways I will get better at patience is to get help from someone else and with a lot of practice. Something I want to improve on is waiting respectfully when I need to talk to my mom or dad, and they are talking to someone else.

I believe that perseverance is not giving up when life gets hard. One reason I want perseverance is so I do not give up when things are hard in taekwondo. Another reason I want perseverance is so I can get stronger, so I can follow through with things even when it gets hard, and so I don't feel like a failure. An example of when I need perseverance is when I am doing a Black Belt test. Another time I might need perseverance is in sparring. I know that I will need perseverance if I am attacked because I will have to endure a lot of pain. These are just a few of the times I might need perseverance.

What I have learned about perseverance is that when I don't give up, I am able to learn and get better at things. When I was a lower rank, I could not hold my leg up when we were doing sidekicks on the wall. As I have increased in rank, I have been able to hold my leg up longer. I like to look back at what I have done and see how much I have improved. I am going to keep getting better at perseverance. It is helpful for me when I am being encouraged when I am doing good, and by knowing that the pain I am feeling is in my brain, and it is telling me to quit. I just want to learn how to keep going.

Not only do I want to be strong in my mind, but I want to be physically strong, too. I think that defending yourself means being able to protect yourself when someone is trying to hurt you. If someone attacks me, I will have a better chance of staying safe or surviving if I use the self-defense skills that I have learned. Some of the things I might use are turn, tuck, pull, the same-side wrist grab, and the bear hug. These are all examples of what I might do if I were attacked and examples of techniques I have learned in taekwondo self-defense. I also want experience so that if someone else is being attacked I can help them. I would use self-defense if I were attacked. Continuing in taekwondo

and getting stronger will help improve self-defense. I will keep working on being able to get out from under someone sitting on me or defending myself from a choke. There are many other techniques I will continue to work on. One of the things I have learned about self-defense is that the best self-defense is avoiding dangerous situations. I use this by being aware when I am in a store, or when I am waiting in the car, I lock the doors to stay safe.

As you can see, I really want to continue learning and improving by being more self-controlled, diligent, and patient, and showing perseverance; I also want to improve on defending myself better. All of these things are being taught in taekwondo, and that has helped me and my family in my life.