My Experience as a Black Belt

Silas Waggoner

November 13, 2026

Taekwondo has improved my character, social skills, and strength more than I could have imagined before I started Taekwondo, even more so since I have earned a Black Belt.

My Experience as a Black Belt

How long does it take for the average person to earn a Black Belt? Answer: they don't. You must have extraordinary perseverance to make it to Black Belt. Taekwondo isn't just about punching and kicking. Martial Arts can also help you to grow good character qualities or to improve on ones you already have. This essay will talk about how Taekwondo/ Martial Arts grows character and improves your physical shape. Taekwondo has improved my character, social skills, and strength more than I could have imagined before I started Taekwondo, even more so since I have earned a Black Belt.

Martial Arts can help you to gain very important character qualities. One of them is patience. You need to be patient when you are higher up in rank and must teach students new techniques. I have had to be patient with students before as they figured out how to do a technique correctly. I have been helping lower rank belts a lot more since I've been a Black Belt and that usually requires patience because they are new to Taekwondo so it takes time to teach and correct technique. You also might need to remind them how to do something more than once. Another thing that is important is being patient with yourself. If you aren't patient with yourself then you will end up beating yourself up about little things that weren't that big of a problem. What I have seen with people who are impatient with themselves is a lack of confidence, which may cause them to quit because they don't think they will be able to make it to Black Belt.

Another thing Martial Arts does for you is give you more clarity on how to make decisions. One of the decisions you might have to make is how you should address problems. A time that I had to deal with a problem is when I was helping a student learn a “ready”. I wasn’t sure how to help them figure it out, but I knew how to deal with that. I got help from Mrs. Fritsche, and she was able to figure it out. Something else that I struggle with is when to praise or correct students. I tend to just correct. Out of the two Color Belt classes at my studio, the evening one helps my teaching the most because there are more lower ranks that go to that class than there are in the morning class. When I go to the evening class, I can improve my teaching because the lower ranks need more praise than the higher ranks. I have been trying to get better at knowing how to help people if they have a problem or need to be taught the next part of their form. All of these things aren’t just skills that you will only use in Taekwondo; you will probably end up using them in life outside of Taekwondo as well. You will most likely have to teach someone something in whatever job you get or need to teach children things that will be important to them in their lives.

Taekwondo also teaches you responsibility. Being responsible is very important, if you’re not then you might end up cheating yourself. An example of that would be kicks on the wall. You must make sure that you are doing your best. If you don’t do your best then you won’t get much stronger, and your techniques won’t improve very much. You will gain so much more from the activities you do, such as when you are doing push-ups, if you hold yourself accountable. If you just give up all the time, then you won’t be able to get as strong as you would if you endured the pain and didn’t give up on doing push-ups. Another part of

being responsible is not procrastinating. I know that I've procrastinated before because I did when I was writing this essay; there were other more fun things I wanted to do, and I would do that instead of working on this essay. You also learn responsibility by representing the studio. When you do Taekwondo you have the responsibility of showing others the good character that you learn from Martial Arts and not giving the studio a bad name because of your character. I believe that doing your best is very important in all these areas.

Taekwondo has also really helped me as a Christian. Challenge Martial Arts talks about the Bible and teaches you things about it. One lesson that struck me was about the account in the Bible of Nehemiah. In that lesson we learned about trusting God. We've also used the example of Jesus to teach you how to deal with bullies—to use your words like Jesus did when he was fasting and had to deal with Satan. There are a lot of different Biblical anecdotes we learn about and discuss. We get a chance to talk to people who have different beliefs. We get to see other perspectives on scripture and understand why others believe what they do. All of this strengthens my faith and gives me more knowledge about the Bible than I had before Taekwondo.

Martial Arts has really helped grow my character. I have learned discipline and self-control. We learn self-control by doing "set", paying attention to discussions, and not messing around during class. We also learn patience by doing "set''. I learned to tell myself that getting upset won't make anything go faster, so I might as well find a way to enjoy the wait. Then, in Black Belt classes, I learned to go even further by saying, "I am developing patience as I wait, so I am thankful for this situation.'' In Black Belt classes I learn about

how being grateful will make a huge difference in your life. I know that when you're in a tough situation that being grateful despite the hardships will be a game changer.

I have grown confidence through all my achievements at Taekwondo. One of those would be competing in tournaments. It boosts my confidence when I get a medal. Almost every person is nervous about doing a tournament. Part of the reason for that is because they don't know what to expect. Doing a tournament and not getting a medal still boosts my confidence because I will know more of what to expect next time I do a tournament. There have been tournaments where I didn't get a medal, which was disappointing, but I was still able to gain confidence from doing that tournament through the experience.

Your physical strength will also improve so much in Martial Arts. You do things that will test your strength every class. There are also different types of classes that will not just improve your strength but also your endurance and stamina. Some activities are fun and still will make you fitter. Strength will help you in your life. Your job will be less tiring, you will feel more confidence in yourself, you will be able to protect people if you are ever in a dangerous situation, and even the daily chores around your house will be easier.

Martial Arts is something you must keep working hard at if you want to succeed. Martial Arts is not for the faint-hearted. You need to practice consistently and correctly. If you don't practice correctly, then you will be in the habit of doing it wrong. You also need to learn from your mistakes and fix what was wrong. You truly must understand that both becoming a Black Belt and being one takes time and effort. If you don't understand that

then you will end up beating yourself up about doing something wrong because you think it should come easier.

It is very important to set goals in Taekwondo. If you don't set goals then you won't have enough motivation to get through Taekwondo, and that will most likely cause you to fail or quit. Some goals that I have set in Taekwondo are improving every technique, getting to a higher degree of Black Belt, and helping other students on their journey to Black Belt. You should also set goals in life. Some good goals to set are following God, being a kind person, or getting a good job.

Becoming a Black Belt will help you in your future. It will hopefully give you great character qualities, more fitness, and help with future goals. The perseverance and character growth that you gain from Martial Arts will help you more than you can imagine in your life. It shows years of work, and people will notice your character. Later in life you will probably end up looking back on how you joined Taekwondo and be grateful you did join and made it to Black Belt. Black Belt doesn't have to be the end of your journey. There are a lot of reasons to keep going; you might want to make it to a higher degree of Black Belt, you could just really enjoy Taekwondo, or both. You will also continue to learn even when you're a Black Belt. I know that I am in a better place in my life because I did Taekwondo and made it to Black Belt and was able to become more mature because of the character qualities I have learned in Taekwondo and am still working on.