

Caden's history of Taekwondo

By Caden Marshal Bailey

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I started Taekwondo by doing the camps here and I decided the moves were cool but I needed some focus and discipline. I decided to go to white belt. It has been fun with Master Shawn playing around with us in Little Dragons. We used the trampolines in different ways. I thought it was play time but it was really practice. At my first couple of tests my foot kept on hurting when I kicked the boards in half. I wanted to quit but I kept on going. Soon I got to yellow belt. I went to private classes for extra practice. I took some breaks over holidays and summers and sometimes winters. In Little Dragons I met Ethan Goldstein. Ethan and I went through all of the belts together. We've gone through white, yellow, green, orange, and blue in Little Dragons. We went through the regular classes for our high blue, brown, purple, and red belt. We had to earn at least four stickers to test: form (black sticker), self-defense (red sticker), attitude and respect (green sticker), and class participation (yellow sticker). How you get the green sticker is that your parents give it to you; the rest are given by the masters. The hardest moves I have to do are the back kick, 360 and spinning kick because I cannot turn my head behind me enough. My favorite kick is the 360 round-house. When I was blue belt I had my birthday party here with all of my friends. Master Shawn even took out a real sword to cut my cake because it was so big. The sword was about two feet long and metal, it even had a case. At school I wanted to show my friends what I learned but I can't show them any kicks or punches because it is not allowed at school. I did a fan self-defense performance for a talent show. I got a bamboo sword from Master Shawn because I was being good in public school classes just like it was at Taekwondo. It was his practice sword. It was a little broken so I had to keep it safe. My parents got me some sparring gear, nunchucks, and fan so I could practice. I still have them too. When I got to brown belt I got a plaque with my name on it with a little hole to hook it on the wall. In sparring I kept getting hit but I stayed up and fought back to gain points. It is really hard during deputy black because Master Shawn might scold you when you do something wrong. So would the other masters. In deputy black belt Master Shawn takes attendance so if you come to class late you have to plank. I always try to get there early so I have time to practice and I don't have to plank. Now I might have my deputy black belt done and have my black belt. My focus kept on emerging and my discipline kept on improving too in the different belts. At home I watched the DVD that taekwondo made and I stand in poses for two minutes so I can make sure I can stand in one place for a while. Sometimes I need a little bit of work on different things but I get to the moves pretty easily. I now am friends with Ethan Goldstein and we even do activities together outside of taekwondo. I want to be like Bruce Lee and be able to do all of his moves. After I get my black belt I am going to keep training to get my 5th degree black belt so I can be the same belt as Master Shawn.