

## **Joshua Cruz Motha**

When you are in white belt you have a easy form ,but when you get to higher belts your form gets challenging . I couldn't focus because I was distracted. Taekwondo brought a lot of discipline to me. I listen to my parents and teachers. I also listen to my masters and follow instructions.

In white belt you get to kick and punch balloons and bubbles. The form was very easy. And you get stickers. In yellow belt the form gets a little harder. I liked the stickers but it was hard to get the sparring sticker. In green belt I got into a lot of trouble because I didn't listen to my masters. I also worked hard for my stickers. In orange belt I had to focus during my taekwondo classes. For the breaking technique hopping side kick was really hard for me.

In blue belt, Master Shawn was strict. I had to concentrate in class. I had to learn self-control. The testing wasn't easy and I had to practice. In high blue belt I had to practice flying side kick. I was getting ready for the road to black belt. I always practiced my forms at home with Rachel. After testing I got to put my name on the road to black belt wall. In brown belt I learned a lot of new kicks. I had to listen in class and follow instructions. The forms were very challenging but I got better.

In purple belt I moved to the big boys class. I also needed to break 5 boards. The fan movement was really hard but I got better. I practiced at my house. In red belt the kicks and forms were very challenging. I had to practice after class with Ms. Melisa and Master Shawn. My breaking boards were very good during the testing. In deputy black Master Shawn was very strict. When we weren't good we had to do push-ups. I had to practice for my black belt.

Master Shawn is my greatest master. He taught me how to listen and focus during class. He helped me learn my new kicks and forms during class. He rewarded me with stickers when I did a good job. Ms. Melissa and Master Eunae always helped me to learn difficult forms. During deputy black it was very challenging and I wanted to quit but Master Shawn and Ms. Melisa helped me get better and to prepare for my black belt.

I have enjoyed going to taekwondo classes with JL taekwondo. I want to thank my parents for bringing me to class. All the masters are very nice and help me to get better. I want to continue my classes and work to advance to higher black belts.