

My journey to the Black Belt

-By Nandita Shenoy

When I first started Taekwondo, I loved it! I wanted to do it every day. When I ended up doing it, I started getting tired of it. I then realized, it's not about how tired I am, it's about how much practice I get. The more practice I get, the better I will do on my belt tests. Since then I have practiced as hard as I can. I still get tired here and there, but whenever I do, I just think of the saying, "Practice makes perfect".

Now I understand that taekwondo isn't just about kicks and punches, it's all about respect, perseverance, practice and confidence. I can't wait to earn my black belt! I have a lot of confidence that I will earn my black belt but I am still going to work very hard for it. I will do whatever it takes to earn my black belt. After all "Practice makes perfect".

Taekwondo has been a very interesting experience these past couple of years. I've learned a lot about hard work and perseverance. When I was a white belt I set my goal to become a black belt. I cannot believe that my goal is now within reach. In about a week, at last I am going to reset my goal!

I have gone through almost 10 belts now. Along with 11 forms, over 15 self-defenses, over 10 pieces of chopped wood (power breaking/breaking technique), and a lot of sparring. I have done a lot of work to get to this position, and I feel like I deserve to pass this black belt test.

Being in taekwondo has made me a more respectful and hard- working/persevering person. I am proud to be a part of JL taekwondo, and I am also proud to be a black belt very soon. This has been my joyful experience until now. I am looking forward to the other experiences coming my way.