

# My Future and Journey through Taekwon-do

My journey in Taekwon-do started when I was 6 years old with my older sister Tamara who was 7 years old. The first club I started my training in is Porirua Club under instructor Mr Peter Chapman. My sister and I were doing other sports that we both loved (rugby league, soccer, rugby, flag for school and clubs) when our mum registered us in Porirua Taekwon-do Club. Our parents make sure that we both succeed in all the sports that we do. When I first started at the Porirua club I was scared because I don't have any knowledge of Taekwon-do. I thought going into this sport I would be getting a hiding from the student that already had knowledge of Taekwon-do. Having our mum supporting me and my sister and pushing us, it didn't get long for both of us to learn the technique in Taekwon-do. In Taekwondo my mum makes sure every gradings comes that we train harder in our own time as well the club training which is Monday and Thursday night. I want to say that every colour belt grading we do we mostly received an A pass. This was a good result in my Taekwon-do career. Mr Peter Chapman was my favourite instructor; he taught me a lot of Taekwon-do skills and how to respect others too. At Porirua Club most of the students are my family but seeing different cultures over there made more interest to attain to the training. It is an honour to train alongside Mr Peter Chapman.

Starting from white belt I make sure that I go far in Taekwon-do dedicating my time to push forward to black belt. The hardest moment in my Taekwon-do journey was going for my black belt. Performing in front of a master is a lot of pressure knowing they would check for any little mistakes and it may make a huge impact on your outcome. Also having one on one time with the masters makes me so nervous. Going for my black belt at a young age I have a lot of mis-feelings; Am I going to pass this or What would happen if I fail because my parents paid a lot of money for my grading. But anyway I blocked all negative thoughts on that day and gave it all I got. I was 10 years old when I received my 1st degree black belt with good results. It was a good year for me.

Moving to another club with my sister Tamara we have to adapt to the new instructor and students. Me and my sister have to continue our training at our new club (Khandallah). Not only that; I have my two brothers join us at the new club too. All these years me and my sister have been doing taekwon-do, our little brothers have been watching us train taekwon-do at home

attending tournaments and gradings. They found it amazed at what we accomplish. They follow us around the tournaments, grading and training nights. Every day they say to our parents; "when are we both going to start taekwon-do? Because they want to accomplish what me and my sister got, it will help them defend themselves and taekwon-do looks fun. Both of my brothers did well too at their first grading. They both skipped a grade and with a good result of A pass. They have been watching me and my sister all the years that we were involved in taekwon-do.

Continuing my training at my new club didn't stop me from going for my goal of getting my 2nd degree. It makes me thrive even more to get my 2nd degree. My sister and I trained even harder than before knowing that going for 2nd degree will be harder than 1st degree. We went for our grading and received another good news. Getting another successfully passing result this was a huge moment in my life in Tae Kwon-do's career. I received my 2nd degree at the age of 11 years old. Back then it was hard for a young person to get that high in belts but always having faith in myself, dedicating myself to get what I wanted and leaving all the negativity behind.

In my journey through Taekwon-do some individuals helped me during my journey and they had a huge impact on what I achieved in my Taekwon-do career. Some achievement that stands out was when I officiated knowing they needed help in my region, helping and contributing to the tournaments or gradings is an achievement or something I think I have achieved in Taekwon-do.

During my Taekwon-do journey me and my siblings participate in Tournaments, officiate and marshalling, set up the hall for the tournament event, and even stay behind to help take mats and break machines in the trailer. My family even helped to deliver the mats to where it came from e.g. North Wellington Club. I always have fun when I put my mind into my tournaments. Earning medals and receiving the Best Male Colour Belt trophy and Most Overall Male trophy on the day was a big moment for me because my parents are happy too. Seeing their face so

happy and cheerful makes me so proud of myself. I can say to myself that my hard work pays off.

My biggest achievement during my journey in Taekwon-do was participating in the World Cup in Sydney. Winning a gold medal was an amazing moment for me. Going to Australia with a few of my club mates and other regions, each individual competitor perform well. Being young going to this high-performance event was hard. Coming back home to NZ my sister and I both did an amazing performance because we both won some medals. Seeing our mum face so cheering made us more overjoyed and also our club was so proud of us too. Our mum said to us that the trip was worth all the money. It is an experience that I will never forget.

Having a supportive instructor was a huge thing in my journey, both of them giving me good tips to make me a better student / black belt and for all the helpers along the way either from my club or high-performance training. All of the people who kept up with me along my TKD journey I appreciate it for what they did to put me where I'm here now. Hopefully, in the future, I could do that to someone and just help my students or anyone on their journey. I'm going to help more in tournaments and gradings. Offering my support to my instructor, I can provide my Taekwon-do skills to other students who want to succeed and achieve their goals.

Progressing through, In my club I have offered my service to my club to teach students to reach their goals. I have been given students to instruct every Monday and Thursday night . Showing students Taekwon-do knowledge from what other instructors taught me brings me joy, because getting to teach at my club has improved my social skills, communicating with other students in Taekwon-do and opening up to my teacher at school. On a Regional day, seeing students that I offer my help too, participate in the tournaments makes me so proud of myself because each one of them starts running to me showing me their medals and their face shows that they really appreciate me as their instructor in class at my club.

In the future I want me and my siblings to open a club in Porirua. I want to offer my service to my region. Having help from my siblings will make us share duties. Four instructors would be good for our club because we are all going to split duties among us by working and helping

students as a group or individually and just breaking everything down bit by bit. Having no stress, all students would have a fair amount of time working on something they want to achieve in Taekwon-do. I want to build my club and encourage outsiders to join in Taekwon-do. Owning and being an instructor of the club would be a huge moment in my TKD career. With a lot of support from my parents hopefully my dream will come true.

When I open my club I want to advertise self-defence more, cause children or anyone should have the rights to protect themselves and just not taking it to the suicidal stage and when the time happens like when they getting pick on; they would know how to get out of the problem by protecting themselves or knowing how to get out of it. Preparing them for the real world knowing most children are getting bullied these days, it gives me pressure to know that they know how to defend themselves or be confident when a bad situation comes their way. I also want to make sure that young teenagers like me stay focused by putting games into training and making it fun and to show them other things that taekwon-do can offer. For students like me, young teenagers, it is hard to keep them in the Taekwon-do community. They lose interest in Taekwon-do easily. I want to get the young teenagers to be more involved and committed themselves to taekwondo by building their self confidence in life. Letting the instructors know how to keep them and how to keep them more enthusiastic. Just like me, I don't see things as I used to, go up the ranks, doing more for my black belt making it fun and exciting but having other responsibilities like teaching, organising and helping your region is like helping you with your future, becoming a role model to students, a helper to the region and becoming a young adult.

In the future I want to aim to compete in the World Champ and be part of the New Zealand team. Making the New Zealand team will be a big moment for me and one of things that I can take off my list. I also want to go to World Champs, see different cultures, learn their style in the way they do TKD, and perform alongside them. Always wanting to travel the world, no matter what sport it is. I just want to see different other places, see what they do differently to my culture.

Later on in the future I want to open a club in Rarotonga with my siblings just wanting to take my Taekwon-do knowledge over to the 15 Islands in Cook Island. I want to encourage and build

Taekwon-do to the Islands just trying to make Taekwon-do develop. Also in the future, wanting to create a Cook Island nation team where I and my siblings run, encouraging them to participate in the World Cup or maybe aim higher and go for the World Champs. Also, I want to be the head coach for the Cook Island team and encourage the 15 Islands to do it and just keep building the Taekwon-do over there. Being part of a new team, stepping into a high-performance event would be well known in Cook Island, trying to put them on map will boost people's confidence and hopefully encourage others around Cook Island to maybe join and build the Taekwon-do up.

Taekwon-do was a huge thing in my life, showing me a lot of skills, teaching me how to protect myself, see things in another perspective and becoming a different person. Giving me courtesy, integrity, perseverance, indomitable spirit. Going out into the world with my head high knowing that I can protect myself or my family when trouble comes. Showing other people what I can do at a young age. Knowing it's not hard if you commit yourself to what you want in the future.

My journey in Taekwon-do has not ended, because I want to aim to become a Master. Continuing contributing my service to my community and dedicating myself to my instructor and students and also to have a positive impact on my teaching.





