

Applying the Aims to Achieve – A 1st Dec Thesis by Fernando Weber

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A year has gone by since my 1st recommended testing in Hawaii and this has given me the opportunity to be both a student and an instructor of Tae Kwon Do. During this time I feel I have gained a better insight of what the Aims to Achieve are and what they mean to me from both perspectives. In this thesis I will address each of these qualities as I feel they have applied to my life now and in the past.

Courtesy – *Being polite and respectful*

Many people in our busy society have forgotten what it is to be courteous. Opening and holding a door for someone, saying please and thank you, or just simply saying “hello” to greet someone is fading fast. Helping each other or even allowing to be helped has fallen to the wayside due to our own selfishness or foolish pride. There was a time when taking the coat off of your back and placing it over a puddle to allow someone to step through safely wasn't unheard of. To some this is chivalry, but it is still a courtesy nonetheless. We must remember to respect and acknowledge each other. A simple bow, a respectful reply, or a shaking of hands will show courtesy and respect especially in the hustle and bustle of our world today. It is okay to be in a hurry, but don't forget the human element. Be courteous with the greatest amount of integrity.

Integrity – *Doing the right thing always*

From my own experience, having integrity is a great asset and yet one of the most difficult to consciously attain. As a child, telling a lie in order to stay out of trouble is a difficult thing to overcome. We learn that a little white lie can keep us out of trouble but you must keep in mind that telling a lie can have a snowball affect, getting bigger as it stays alive. Doing the right thing and telling the truth may still get you into trouble but is much less stressful. Believe in your heart that you are a good person, your mind will know that this is true, and integrity will be stronger. You will build trust with those you know and with this comes a sense of peace and relaxation that you will gain. Always stay true to yourself and give 100% in whatever you do and you will have true integrity.

Self Control – *Being master of your own impulses*

This is another of the difficult qualities. Being master of your own impulses means not reacting to everything that happens. Not looking at yourself in mirror during class, focusing on the instructor at all times, standing or sitting still, and not fidgeting are some of the most difficult examples of self control. A true test of self control is ignoring the itch you get on your nose. Just for fun, I challenge anyone to ignore that itch until the end of this test.

Not losing your temper or starting a fight for any reason is another example of Self control, especially after receiving your first colored belt, or your first level black belt. You feel you can conquer the world, just realize it is only the beginning of another journey.

Perseverance – *Never giving up* and **Indomitable spirit** – *Never wanting to give up*

There is a fine line between perseverance and indomitable spirit and yet the amount of motivation is enormous. Coming to Tae Kwon Do class when you know you don't want to or working extra hard to get good grades in school are examples of perseverance. Overcoming the impossible obstacles like a dangerous illness like Jude Gutierrez or not letting the constant pain

of a damaged nerve from a botched operation stop you from getting your third degree black belt like Mrs. Farrell. Perseverance and indomitable spirit are both examples of never giving up. The difference is deciding how badly you want to reach your dreams and goals and not letting anything get in your way.

Modesty – *Being humble and unassuming.*

Although it is listed first in our Aims to Achieve, I mention it last as to me it seems to play the biggest part in any martial artist's life and journey. You must realize that the original Tenets of Tae Kwon Do did not include Modesty but we are fortunate enough having our training under Grandmaster Cho to have it included in our Aims to Achieve. It makes a true martial artist seem all the more powerful and in control. Having had the opportunity to meet Grandmaster Cho was like getting a chance to see what true modesty can be. A man who is very quiet and highly respected leading legions of student through Tae Kwon Do training. Being modest makes a good martial artist better and a better martial artist the best. Being modest is to never argue even if you know you are right. Being modest is to feel you are the best and not boasting about it to others. Modesty is not attracting attention to yourself.

Summary – The Aims to Achieve are the foundation upon which we build our character in Martial Arts. The Tenets of Tae Kwon Do are good for those who are interested in following the standard Tae Kwon Do path, but we are fortunate that while training under Grandmaster Cho's guidelines we take the tenets a step further and include the element of Modesty. Setting this foundation with the support at home, every person stands a greater chance to be a better person as well as a better Martial artist.

Living the Aims to Achieve is like a smile, good behaviors can spread. And even for those who do not practice Tae Kwon Do they can still benefit from the positive results of following the Aims to Achieve. There are bonuses as we apply these qualities to our lives. Other qualities such as trust, respect, and discipline are also attained along the way.

It is important that we keep in mind that Mr. and Mrs. Farrell always tell us that each of these qualities go hand in hand with each other and they are to be used in our Tae Kwon Do lives as well as in our personal lives at home, school, or at work. As I continue my journey in Tae Kwon Do I intend to take Aim and Achieve these tenets of Tae Kwon Do and show others how to apply them to their lives. As I do this, I am learning to apply them to my own life.

Thank you - I would like to thank the families and the students here at Cho's as we are one big family. To the black belts who have helped me in my journey such as Mr. Rivera, Mrs. Soule, Mr. Lewis, and Mr. Uffer. I thank Mr. and Mrs. Farrell as they give us all more than I can explain, they are the epitome of the Aims to Achieve. Without them our training and this school would not continue to be what Grandmaster set out to create. And to my mother and father-in-law, my wife and family you give me strength and support beyond anything I could ask. Thank you.