

Hi. My name is Brittany Weber. I started tae kwon do at the age of 3. My dad and sisters joined later and so my whole family became part of Tae kwon do and a huge part of my life. When I first started the panthers class I remember seeing people doing all sorts of movements and I thought it was going to be very easy, but boy was I wrong. I started memorizing the Aims to Achieve and trying to do my first form called Ch'on-Ji. These seemed like huge things to accomplish but this was only the beginning.

As I grew older and moved up my belts and eventually started the kids class I realized that Tae Kwon do has helped me have discipline, respect for others, and self control. Tae Kwon do is not all about kicking and punching, it is about respect, perseverance, and indomitable spirit.

When I first started Tae Kwon Do I would cry because I didn't have any patience with myself when I did a movement wrong or I couldn't remember the next step. But now I try to learn from my mistakes and not become frustrated. I am still impatient with myself but not as much as I used to be. I think that The AIMS to Achieve have played a big part in my life.

Modesty to me means being humble by opening a door to let someone through or giving up my seat for my sisters or my mom. Courtesy to me is answering when someone calls me the first time so that they know that I heard them. Integrity is doing my homework before going to Tae Kwon Do or playing with my sisters. Self control helps me in school. If somebody tries to make me mad or tries to get in a fight with me, self control helps me know that I can just walk away and be a bigger person. Perseverance helps me to never give up even if something can get hard for me. My indomitable spirit has led me here to get my black belt and I never want to quit.

Tae Kwon Do helps me in class, in school, at home and in everything that I do. Learning and living what we are taught in class was something I really started to understand when I moved up to the kids class. This was also when I first heard about Grandmaster Cho. I continued to learn about him as I got higher up in belts and the more I learned, the more I wanted to meet him. He is an inspiration to me and it will be an honor to meet him and train with him someday.

I have also been lucky enough to compete in several tournaments and I learned a lot about being a good sport and that it is not about competing against your opponents but yourself.

Mr. and Mrs. Farrell were always there to help guide me and teach me even if I made mistakes such as a wrong stance or movement they encouraged me to try again and not give up. I am very thankful to Mr. and Mrs. Farrell for helping me and my sisters all these years to be better students and people. They are very special to me. They have taught many things that will help me in my life.

I would like to thank Mr. and Mrs. Farrell for giving me the opportunity to train in Tae Kwon Do and for always supporting me and never letting me quit. I love them very much. I would also like to thank the assistants with helping me to learn lessons that I use in everyday life. I would like to thank my parents for encouraging me to always do my best. They show me unconditional love and support and I am thankful for everything that they do for me. I would also like to thank my sisters Kayla and Amber for helping me and encouraging me always. To my grandma and

grandpa and my great grandma who have always supported me since I was a panther. I love you all very much.

Tae Kwon do has been a great experience. It has helped me in my daily life to become a better, stronger person and to be a better role model for my younger sisters. I appreciate everybody who has helped me become the person that I am today. Thank you.