

**July 26, 2009**

My name is Christian Romero, and I have been training in Tae Kwon Do for almost six years. I was five years old when I started Tae Kwon Do, and now I am testing for my first recommended black belt. I believe that I am ready for this next step of my Tae Kwon Do training, and that I have demonstrated a dedication to the training and teachings of Tae Kwon Do. Tae Kwon Do has helped me in many ways. One Thing that it has taught me is, of course, the ability to defend myself. However, Tae Kwon Do has also taught me many other things. Tae Kwon Do has taught me many lessons for the way that I should live, and has taught me the things I should be in the Tae Kwon Do Aims To Achieve.

**Modesty:**

One of the many things that Tae Kwon Do has taught me is modesty. Modesty means “being humble and unassuming.” To me, this means that I am no better than anybody else, and that I should not brag, but instead be a good sport. Sparring in Tae Kwon Do has taught me that I am not the best fighter out there. Having modesty helps me be less arrogant.

**Courtesy:**

Another one of the many things that Tae Kwon Do has taught me is to be courteous. Courtesy means “being polite and respectful.” To me, this means that I should do many nice things for people, and that I should respect them no matter who they might be. Having courtesy has helped me respect my parents more and has helped me be more kinder to people. Now that I have courtesy I hold doors for people, help people when they are hurt and I help my family with cleaning and other things.

**Integrity**

Another thing that Tae Kwon Do has taught me is to have integrity. Integrity means “doing the right thing always.” This means that I should always listen to my parents and to always tell the truth. But this also means that I should help anybody who needs it, and that I should always forgive people. Now that I have integrity I tell the truth, forgive people and share.

**Self Control:**

Another great thing Tae Kwon do has taught me is to have self-control. Having self-control is “being master of your own impulses.” Self-control can mean to not attack others unless they are actually punching, kicking, or trying to seriously injure you. It can also mean (to control your anger). Having self- control helps me control my anger problems.

**Perseverance:**

Tae Kwon Do has also taught me to have perseverance, which means “never giving up.” When you have perseverance, it means that you make goals and never give up on achieving those goals. Now that I have perseverance I never give up till I get it.

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**Indomitable Spirit:**

Indomitable spirit is another thing Tae Kwon Do has given me. Indomitable spirit means “never wanting to give up.” Having an indomitable spirit has helped me to want to achieve my black belt, and has helped me to remember what I wanted to do so that I did not give up.

Tae Kwon Do has become a big part of my life, and without it, I would be a completely different person. If I receive my black belt, I hope to continue living the lessons that Tae Kwon Do has taught me so that I can continue to live with modesty, courtesy, integrity, self-control, perseverance, and indomitable spirit.