

Juhee Patel

1st Dec. Black Belt Essay

Hello everyone, my name is Juhee Patel and I will be testing for my 1st Decided Black belt. I have had almost a year to act and think like a black belt. For me, there are three key pieces that I can pinpoint as huge factors to being black belt for me. They are achievement, discipline, and support.

First, achievement was an important part in my life. The biggest achievement that I have accomplished so far is becoming a black belt. It took me a long time to reach this goal. Some days, I did not even want to come to the Do jang, but I'm glad that I kept my focus. Now I know that I can do anything that I put mind to. It takes a lot of determination and focus to achieve a goal, I have found out! Sometimes kids my age don't really understand that. So parents, be patient with us. We try. We tend to quit as soon as things don't go our way. As I get older, it's getting harder and harder to quit. Everyone holds you to your word so I really have to be careful what I promise.

I would like to talk about how Tae Kwon Do has taught me discipline especially when it deals with doing things I don't want to do. For example, when Mr. and Mrs. Farrell call out a technique that I really don't enjoy or that I am not very good at, I still try to focus. I do the technique with pride and maybe, even practice a few times until I am good at it. I try to have the determination and the drive to make myself better. That is the key, in my opinion, to being a good black belt. This discipline is also used for school homework. I sometimes don't like doing my homework but it must be done. I try not to give up even when I don't understand what I am to do.

The last key is support. When I first started, as a Panther, at the age of four, I thought Tae Kwon Do was just something to do to have fun. I thought I was just going to Tae Kwon Do to pass time. WRONG! Tae Kwon Do, let me tell you, has taught me how to have confidence in myself. That is a gift that is not easy to come by. Tae Kwon Do supports me in everything that I do in my daily life. The aims to achieve are the building blocks. Modesty, courtesy, integrity, self control, perseverance and indomitable spirit are the foundation of who I am today. When I have a spelling test or a presentation that I have to memorize, I just think of how I have been able to memorize the Korean history since before I was in Kindergarten. That realization supports me through what I have to do.

I would like to thank Mr & Mrs. Farrell, for always challenging me and never letting me take the easy way out. I would like to thank all the assistants who inspire me everyday.

I would like to thank my parents, without your support, patience and guidance- achievement and discipline would not be possible. You have given me unconditional love that sometimes I take for granted. You both always make me see the other side of things which I stubbornly shut my eyes to. Even though I seem as though I don't want to try new things like foods or different experiences, I am glad that you still encourage me to be an independent thinker. I love you both more than I can say.

It is also an honor to be a black belt and be an example especially to my sister.