

Hi, my name is Nicholas Deprest and I have been training here at Cho's with Mr. & Mrs. Farrell for five and a half years. I started when I was four years old. My brother Michael & I both decided to try our first class in February 2004. My dad liked it so much he started a year later. We've been coming here pretty much three times a week since then.

I began at Cho's in the Little Panther Program. I remember learning kicks, punches, blocks, and the parts to Chong-Ji for each test. I also started learning the Aims to Achieve; I just didn't really understand what they meant. I really liked taking class with my friends Brittany & Joseph. I finished the Panther program after I earned my Black Strip on 9-23-05, two months before my 6th birthday.

I was happy and excited to start the kid's class. Then I was nervous because there were new people and the class was longer. After the first class, I wasn't scared anymore, because it wasn't as bad as I thought it was going to be. We got to use the punching bags more and I liked the chicken fights. There were more literary meanings to learn, more numbers in Korean, more everything. There were some nights I just wanted to stay home and watch T. V.. I came to class because my Mom & Dad made me. When I got to class I was glad I came because I always had fun learning more Tae-Kwon-Do. I've never been bored.

I have been able to attend two summer camps. The first was in 2006 in Flagstaff, Arizona. My second was the summer camp in Orlando, Florida in 2008. It was a privilege to meet Grandmaster Cho, Master Ameris, and Master Darcy. It was amazing to meet so many people from so many different places all studying TKD the way I was being taught. I can't tell you how cool it was to be able to take a class with Grandmaster Cho.

Our family went to Hawaii in 2007. Grandmaster Cho was having an International Black Belt Test. It was amazing to be in Grandmaster Cho's studio and watch this test. Michael was testing for his Recommended Black Belt. The Farrells were testing too. It was cool to see the Farrells as students, since they have always just been my teachers. We were able to attend one class with Grandmaster. I was nervous before the class, but it was really fun. I learned a couple of new techniques & I felt really comfortable because it was almost just like the Farrells taught class.

When I was a Little Panther I thought the Black belts were cool. I really looked up to them as role models. I still do. When I started going to the

children's classes they really helped me by being patient and helpful when they taught me. The Black belt Judges on the panel for my tests were encouraging, nice, friendly, and supportive. I was never afraid of the Literary Knowledge part of my test because no one was ever mean or harsh. That's what being a Black Belt is to me. You need to be strong both physically and mentally. You need to be patient with everyone, including yourself. You need to be friendly, kind, encouraging, and supportive. The Black Belts demonstrate the Tae-Kwon-Do pledge and the Aims to Achieve everyday. I didn't understand that when I was a four-year-old Panther. Now that I'm nine, I think I understand a lot more how to use the Aims to Achieve in my everyday life.

Even though it's been 5 ½ years, over half of my life, I can't believe my Recommended Black Belt test is finally here.

I remember when Mrs. Farrell asked, "Are you going to be a Black Belt?" I said, "Yes ma'am".

I wouldn't be standing here today without the support of my friends, instructors, and especially my family. I want to thank my friends Brittany & Joseph for making classes even more fun. I'd like to thank the Farrells for their support, patience and for teaching me. I'd like to thank ALL of the Black belts and everyone else who helped me over the past 5-½ years.

I couldn't have done this without my family. I'd also like to thank my brother Michael for all of his help, even when I didn't want to learn anything from him. I'd like to thank my parents for driving me to every class. I want to thank my Dad for helping me with my forms at home before testing. It always makes me feel better and more confident. I want to thank my mom for helping me memorize my Literary Knowledge, even before I could read. They have supported me through everything and encouraged me to get off the couch and go to Tae-Kwon-Do.