

Black Belt Essay by:
Patrick Gonzales

I started Tae Kwon Do when I was four years old and that's when I met Grand Master Cho. I went to Ireland when I was 6 years old for the 2nd annual martial arts world championship. I won 3rd place in sparring. I went with my mom and my uncle Joey. I met a kid there but I don't remember his name, he won first place in forms. He lives in Hawaii and he is lucky that he gets to train every day with Grand Master Cho. I've made many friends since joining Tae Kwon Do. I have many friends in Ireland, Hawaii, Phoenix and Scotland. One friend even wrote an article on making friends with me. His name is Darien. My other friends from our school thought he was weird. I told them they had to welcome him.

When I met Grand Master Cho I did not know who he was. I saw a Korean man walk in to the dojang, and the whole class stopped and everyone bowed to him. After the class ended, I asked who he was. They said he was Grand Master Cho. One day he was at our dojang, he stretched me as he was talking to Mr. Farrell. He told me when I stretch to push myself so I could reach further next time.

I went to a few tournaments. My first tournament was the National AAU tournament. I won second place in forms and sparring, and third place in board breaking. My next tournament was the 14th annual Take Mine tournament. I won second place in forms and sparring. My third tournament was Cho's first annual open martial arts meet. My fourth tournament was the Captain Tamara Long in Belen. I won first place in forms. I did not get to go to the grand championship because my mom got injured. Just a month ago I was in the Belen tournament. I came home with two trophies.

Tae Kwon Do has helped me realize how to be respectful to my elders, parent and other children. My mom and Jill have given me a lot of support. My mom convinced me to go to every class. I have met a lot of people in Tae Kwon Do like, Grand Master Cho, Master and Mrs. Ameris, Master Darcy, Mr. and Mrs. Courpe, Mr. and Mrs. Tippet, and Darien from Phoenix.

Just a few months ago me and Juhee started having foot pain. We went to the doctor. It turns out we both have planters fashcitis (falling arches). Now we have to wear Martial arts shoes with special inserts. Luckily Mr. and Mrs. Farrell had the right size for me .

Mr. and Mrs. Farrell have been a very good help to me and I hope that they still help me through out Tae Kwon Do. And I will try to stay in Tae Kwon Do for as long as I can.

AND THAT IS MY 501 WORD ESSAY!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!