

Taekwondo in My Life

By: David Kovalchick

Imagination, Inspiration, Actualization, and Realization- these are the basic fundamental principles of our philosophy. These elements have all helped me ever since I have started Taekwondo. Taekwondo has helped me in many ways. One, it has helped me become physically stronger. Before I started this program, I have to admit, I wasn't very strong at all. But now, I am strong enough to spar adults. Taekwondo has also helped me become stronger in academics. Before I started, my grades in elementary school were A's and B's, now my grades are all A's. Taekwondo has given me the self-confidence and mental attitude to succeed in any aspect of life!

My goals in Taekwondo are to gain as much flexibility and knowledge as I possibly can. I plan to learn many new patterns and techniques. I am even planning to go for my collar as an assistant instructor. I plan to get better in my patterns, board breaks, and sparring as well. I hope to gain a very high rank in Taekwondo. These are very reasonable goals that I plan to achieve.

My goals in Life are to get an astounding education, go to a great College, and get a great job. I plan to get, hopefully, a 4.0 GPA in High School and College. With this knowledge, I can get a great job I love, as well as make a living. All these things that I have listed would not have been possible without God, the support of my family, and the art of Taekwondo. Thank you so much, Mr. Lewis, for all that you have taught me; and for all that you will continue to teach!

