

Cillian Mason
Black Belt Essay
2015

Cillian Mason - Black Belt Essay (14-4-2015)

My essay is about my journey so far in Taranaki Taekwon-do and what it has given me using the tenets to explain this.

Taekwon-do has brought me friends since the first time I came to the Taranaki Taekwon-do Dojang. On my first day I was scared because I was surrounded by complete strangers, but now six years on I know every one in the club and I can call them my friends. I first started in the kids class and when I walked in I was scared by how many people were there and then I looked around and saw someone walking towards us smiling, when she got to mum and I she said hello and introduced herself as Frances. She welcomed us and told me just to follow along and do the best I could. Half way through I went off to the side and told Mum that I wanted to go but she stayed put and told me that she wanted me to stay so I could decide if I wanted to continue. By the end of it I wanted to keep coming again and again, and when I was green belt I was able to move up to the adult class (the big class).

I think the best way I can talk about what Taekwon-do has given me is to talk about it using the 5 main Tenets of Taekwon-do.

Courtesy

I wish to the best Black Belt I can possible be so I use the meaning of courtesy to explain. I respect other people and their things. I'm kind to others and I help with any thing I possibly can. I do not push in front of any one and I make sure I'm fair to everyone else because it gives me a buzzing feeling that makes me feel good and proud about myself.

Integrity

I first learnt Integrity in the kids class when we played games and we had to be truthful about being caught. The instructors always knew if a student had good integrity and praised them for it. Now I'm helping with the kids class I understand how it is like laying down the foundations for students to learn about being honest.

Perseverance

When Mum was in hospital I was worried about her and wanted to spend time with her but I knew she would want me to continue so I could be the best person I could possibly be. There have been times I have really wanted to stop but she has strongly encouraged me to continue and I'm really grateful that she did because by persevering I am really enjoying it again and will soon be grading for my Black Belt, which that makes me feel proud of my commitment to Mr.Livingstone and the great instructors at Taranaki Taekwon-do club.

Self Control

I first learned to stand still in the kids class. I always fidgeted and could never stay still but since I started I can stand still for long periods of time and I have now gained enough control to be able to execute my techniques with improving distance and power.

Indomitable spirit

I believe I am brave, honest but also humble. I am not afraid of many things and will act the way I have been instructed to at Taekwon-do without hesitation. I know I will always endeavour to do the right thing.

Self Confidence

In finishing this essay I also want to mention Self Confidence.

Learning Taekwon-do has taught me many skills that have helped me feel more confident in everyday life. It has also taught me how important it is to think properly about a situation before I act. I feel that if I come across a tricky situation at school or elsewhere such as bullying I am able to think about it quickly and make good decisions about how to help make it right.

I think I am really lucky to have started Taekwon-do when I was 7 because it has given me skills I would not have gained otherwise.