

INSPIRIATIONS

So many people get involved in an art or sport or organisation for many reasons but more often than not it is because they have been inspired in some way to do so.

Taekwon-Do's founder General Cho Hong Hi had the painful experiences of degradation and humiliation, when the Japanese colonization of Korea reduced him to a person without a country, being disempowered through the loss of his country and people inspired him to find a better and more peaceful way of life.

The general went on to inspire many others through his teaching and in turn they have gone on to teach and inspire others and the ripple effect continues.

I would like to share my personal story of how I was inspired to become involved with Taranaki Taekwon-Do.

It really boils down to someone very special by the name of Mr Brent Flynn. He is my 'Big Brother' who is a 3rd Dan Black Belt and has been very passionate about Taekwon-Do ever since he discovered it while taking his oldest son along to try it out. Every now and again he would say to me "you should come and give Taekwon-Do a go, it's really great" but I'd always say I was far too busy to try something new. I didn't think it sounded like something I would want to do and I really could not understand his passion for it. However that all changed! When he graded for his black belt we all went along to support him. I had never been to a Grading before so I had no idea of what it was all about. I was absolutely blown away by what I saw and so unbelievably proud of Brent and all he did that day. As it turned out his nephews were also impressed and promptly wanted to join! The next term started and my two boys and I

joined Taekwon-Do. Life has never been the same and has been changed forever. Brent has been such an inspiration. He has given up so many of his Saturdays to do extra training with whoever wanted to join in and has always been keen to help. I am the type of person who learns by watching and doing rather than reading and I have learnt so much by watching Brent and all our wonderful senior belts. Having someone to aspire to makes us better martial artists and better people.

Mr Neill Livingstone-5th Dan, is an amazing senior instructor and leader of our club and has also been an inspiration to so many of us, the large number of students in the club reflects this. Mrs Copeland, a hugely inspirational lady is one of the students Mr Livingstone has inspired and that has filtered through to others like Brent. His respect for her prompted him to create and name a pattern in her honour. And so we have a domino effect of club members who are passionate about such an amazing martial art with great leaders empowering us.

Brent's understanding of Taekwon-Do is commendable, his dedication and loyalty to the club and Mr Livingstone is a credit to the great club we belong to.

Taranaki Taekwon-Do is a family club in more ways than one; we all help and support each other and it's great family to be a part of. I remember Mr Livingstone talking to us all at training one night about how we form up and how the first line inspires the next line and they inspire the line behind them and so on and so on, and this is how it is, someone is always there inspiring you to be the best you can be. Even the junior belts and the kids in our kids' class are inspirational. There is some amazing talent within the club and I believe that a lot of the younger students are learning a better way of life that will help them every day to be the best they can be.

In the past couple of years I have had some personal ups and downs. In 2009 I had to have one of my kidneys removed, it was a trying time but through Taekwon-Do I was able to recover quickly as I was fit and healthy and I was able to put in practice the tenets of Taekwon-Do, Courtesy, integrity, perseverance (lots of perseverance), self control and indomitable spirit. Without this morale background this time in my life would have been so much harder, I could have sat around and gone "poor me"!... but I have learnt a better way and it has helped me immensely, plus of course the support of my family and friends. Taekwon-Do has helped me through, kept me strong, inspired me and made me want to achieve so much more. 3 months after having my kidney removed I was grading again, something that took determination, and the right attitude, and always Brent was right there, encouraging me, making sure I wasn't over doing it and looking after me as he has always done, this support and that of all my Taekwon-Do family was the reason I was able to do this.

We need inspiration of some sort to achieve in life and I feel so lucky to have an abundance of it around me. I would like to say a huge thank you to all the students who have helped me in some way on this journey to becoming a black belt, but most of all I want to thank my biggest inspiration, Mr Brent Flynn, without whom I would never had discovered the love of Taekwon- Do. I hope that one day I can inspire someone the way Brent has inspired and keeps on inspiring me because Taekwon- Do really is amazing, I understand Brent's passion for it now, and I am so very glad to be a part of this wonderful way of life. I can't wait to see what's next.

Glenwyn Flynn 2011