

My motivation

What motivates me to keep training and learning the art of Taekwon-Do

Motivation means literally – The general desire or willingness of someone to do something. Motivation is what sets apart winners and losers, the people that achieve things and the people that don't. The people that are motivated are the ones that achieve the goals they have set out to do.

Students of Taekwon-Do can be motivated by different things, whether it be training for a grading, a tournament, trying to perfect a technique or maybe just trying to get fit and healthy and live a better lifestyle, whatever it is all of them take motivation to achieve. Through my experience in Tae kwon-Do I've seen many students come and go. A lot of students see 1st Dan Black Belt as the end goal and because of that fact so many talented students leave and lose the motivation and move on to different things. Me personally I see 1st Dan Black belt as the beginning. Another big factor for students losing motivation is time. You need the time to focus and put in the effort to practise the art of Tae Kwon-Do. People get busy with work, family other commitments etc. and the motivation is lost and for many people it's so hard to find it again.

A wise instructor once said to me "imagine training as a flat line, attending club trainings each week as per normal that line is moving in a parallel direction, when you begin to step up your training for a grading or a tournament etc. That line will spike upwards and after the event it will decrease back down to the flat line of normal training. Sometimes you might get bogged down with work, family or other commitments or simply lose some motivation so you start to miss weekly club trainings so that line will decrease and spike downwards and trying to get back out of that rut and back up to that flat line is very hard for a lot of people so many students simply give up and stop training for good. The best thing to do in that situation is to simply take a break. Tae kwon-Do isn't going anywhere it will always be there, you might take a month off you might take a year off but it's always going to be there."

There are 3 things that give me the motivation to keep training and learning the art of Tae Kwon-Do, my father, my natural ability to train and push my body and mind, and my desire to help people through wanting to one day become an instructor and teach the art of Tae Kwon-Do and have my own club.

My father Neil Livingstone started Tae Kwon-Do when he was 23 years old and from then on it has been a huge part of his life, he now runs a very successful club in Taranaki, New Zealand and has a huge following of very dedicated students, Naturally when I was young, 10 years old in fact, I started Tae kwon-Do to see what it was all about. I graded up to green strip before I decided I didn't want to do it anymore and moved on and tried other sports. It wasn't until 9 years later when I was 19 that I decided I wanted to get back into it. My father was happy I wanted to give it another shot and start training again and since then I can say it's definitely brought us a lot closer.

Having this one passion in common meant we always had lots to talk about and I enjoyed every second we spent training together. One of the best moments for me was when my father travelled to Auckland, New Zealand to watch me grade for my first Dan black belt, I felt like there was a lot of pressure to do well but knowing how hard I trained and being able to put that into practice meant a lot to me and I know he was proud. All the hard work paid off when I received the results a week later and found out I got an A-pass. It's safe to say that I do want to follow in my father's footsteps and one day become an instructor and have my own club so that's a big motivating factor for me.

Teaching the art of Tae kwon-Do is what keeps the art alive and if it wasn't for all the dedicated instructors around the world it wouldn't be as big as it is today. I've been lucky enough to do a little bit of teaching when I was Training at my previous club in my home town, I got to do a lot of instructing with the white belts and yellow belts and even did some instructing to the whole class taking warm ups and doing pad work etc. I learnt you need to be patient not every student gets a technique first go or after a couple of attempts, it takes time but one thing is for sure when you teach a technique or a pattern to a student and they understand it, the smile on their face is priceless and who knows that technique you have taught them might one day get them out of a volatile situation or even save their life. It is a big responsibility to be an instructor and one that I one day want to embrace.

I believe some people are born naturally motivated and others are not, they struggle to find it, whether it be in a sporting sense or an educational sense. Throughout my years learning the art of Taekwon-Do I attended as many club trainings as I possibly could and always did a lot of extra training by myself. I got up before the sun was up most mornings and went to the gym or went for a run, attended countless extra trainings in the weekends, visited other clubs during the week, met up with other students from my club and trained. It's safe to say I put in a lot of work to achieve my black belt. There were definitely times especially over winter where I could have stayed in bed those mornings but I wanted to achieve my goals so I pushed on.

I'm definitely not the best practitioner out there, there are many techniques that I still struggle with and I'm not the best at free sparring, I don't think I'll ever be a world champion, but I love it and I have a huge passion for it and will continue to keep training and perfecting the art and one day share the knowledge I have spent so many years learning and practising. I have made so many great friends and met a lot of wonderful and inspirational people along the way. The 3 main points I have talked about are the reasons I am still training and love every second of it. Taekwon-Do will always be a big part of my life I strongly believe I will be doing it for the rest of my life.

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