

FEATURE ARTICLE

Be part of something important.



BE PART OF SOMETHING IMPORTANT

By Inst Corey Pontifex – From the Westbourne Park Training Centre.

I started World Taekwondo almost eight years ago, when I was still attending primary school. I had tried many other sports, but had always wanted to learn self defence and to be part of something important, through my experiences I found that no other activity I tried promoted self-confidence or improvements in oneself and their abilities as much as World Taekwondo.

Since starting with World Taekwondo, I have been able to take part in many aspects of the martial art, all enjoyable, and all in some way improving my confidence and fitness. One such example I have become accustomed to partaking in is power breaking. Through being taught to apply myself to focus my mind and power with each kick, I was able to build confidence in my technique which in turn allowed me to build my confidence in everyday situations. The competition side of World Taekwondo has also assisted me in significantly improving my fitness. Through the World Taekwondo competitions I have also been able to test my techniques and skill against others of similar rank, thus giving me the opportunity to further improve my abilities.

Grading tests have been a highlight of my eight years, as Kwan Jhang Nim's strict guidelines have continually enabled me to pursue and improve knowledge of techniques and skills.

" I had tried many other sports, but had always wanted to learn self defence and to be part of something important, through my experiences I found that no other activity I tried promoted self-confidence or improvements in oneself and their abilities as much as World Taekwondo. "

www.worldtaekwondo.com.au

