

FEATURE ARTICLE

Never too old to start!!



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NEVER TOO OLD TO START!!

By Stan Simpson – From The Westbourne Park Training Centre.

On September 19th, 2009 Master Wahid Halimee promoted me to Black Belt.

I started training after taking my son Aiden to kids classes for over 6 years. I found myself getting to the sessions earlier and earlier each time to pick-up Aiden (and to see more of the class) I was so impressed by the discipline and the way students conducted themselves.

As Aiden progressed up to the adult class it was time for me to make the step to join the World Taekwondo Program. At 42 I thought I was too old, but soon found out that World Taekwondo was designed by Master Wahid Halimee to enable everyone to succeed.

In the last four years my confidence, fitness, stamina and mental strength have risen to higher levels than even when I was much younger. Sunday classes with Master Wahid have been a great asset not only with his great knowledge and guidance but also the opportunity to work with other seniors in World Taekwondo.

Leading up to my Black Belt grading over the last twelve months I have been assisting at Westbourne Park and also helping Instructor Corey at Edwardstown with kids classes. I have learnt so much from these classes, as well as giving instructions to the junior students. I have enjoyed entering tournaments and demonstrations as these have both helped with my confidence and focus.

PS: See you all at Sunday classes.

