

Achieving 2nd Poom - By Liam Songer

I started training with World Taekwondo when I was 6 years old (2009) after watching my friend train. Instructor Mc Veity asked me if I would like to try and after giving it a go I have never looked back. Even though at first it was very confusing and I had no idea what I was doing it was so interesting and fun. My parents also thought the discipline and respect that I would gain from doing World Taekwondo would help me in life.



World Taekwondo has helped me be much fitter and stronger physically and mentally. It has taught me how to defend myself and if I am ever put in situation the choices that I make can affect others around me. I

have been positively influenced by a few members at my centre, who have shown me how to train as if it was a grading and to never give up and to be positive.



I now understand that hard work will pay off. World Taekwondo has helped me to become more confident at school and socially.



I love sparring, it gets the heart pumping and it's so cool, all the different kicks, punches and moves you can do. It teaches me how to react quickly, makes me think and it has shown me how to use my body type to my advantage. Achieving 2nd Poom Black Belt is very important to me. It is a great reward for my dedication and hard work. It is a great achievement in my life. Gaining the respect from others is a big deal for me. Even though I am only 13 years of age, it can show others that it doesn't matter how old you are, if you have a goal and you train hard you can reach this stage in World Taekwondo.

I am dedicating this 2nd Poom Black Belt to my Nan & Oma.

"NEVER GIVE UP, IF YOU PUT YOUR MIND TO IT, YOU CAN ACHIEVE ANYTHING IN LIFE!"



Training during the Hot Season.



Stay cool this summer, wear an official World Taekwondo T-Shirt to training.

If the temperature forecast is 36 degrees or higher at 4 pm, children should not train unless the centre has air-conditioning.

Maughan Thiem CITYMAZDA

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