

Tae-kwon-do, the very meaning has changed for me over the years. I wasn't all too thrilled entering tae-kwon-do, one could say I was forced to join. Over time I have learned to adore and cherish tae-kwon-do. Through tae-kwon-do I have become more outgoing, stronger, and smarter. Interacting with so many people with strengths and weaknesses I've accomplished new objectives of mine and have helped others on theirs as well. Teaching lower ranks I've gained the ability to talk in an audience without intimidation; I gained confidence. Having to do demonstrations of forms, self defense and sparring I've learned to enjoy and strive towards goals that I want to achieve. Tae-kwon-do, an experience I am so grateful to take part in. I've grown as a person in so many different aspects, and for that I'm so grateful. Tae-kwon-do, a choice, my martial art, something I look forward to, something incredible.

*Erik Gonzalez*

*9/28/2011*