

Now I have completed my first year of Taekwon-Do and have graduated to my green belt. Over the past 12 months of Taekwon-Do, I have enjoyed working with Branch Instructor Bryan, Branch Instructor Alphege, Instructor Michael and Assistant Instructors Renae and Peter because they have helped me learn my patterns, self defence and step sparring.

What I have enjoyed about Taekwon-Do is playing the fitness games and learning my patterns. I have made a few more friends too. My favourite pattern is Do San tul and my favourite kick is a sliding side kick. My favourite thing about Taekwon-Do is training with my dad. We can practice together when we are at home.

In April, the Burnie Brae Centre held there annual fete in which most of the Brisbane students participated in pattern demonstrations and self defence routines. Towards the end of our demonstration Instructor Michael did a flying side kick over three students and then five. It was very impressive. I enjoyed showing the public what I can do.

Ashley (age 10)
6th Gup
October 2011