

“My Taekwondo Story”

Hello, my name is Giovanni Carrillo and I am 8 years old. I started Taekwondo in the Little Tigers program at Han Bros dojang since I was 5 years old. Han Bros is in La Verne, California, which is not far from my home in Claremont, California. Ever since I was small I enjoyed learning about other countries and their cultures. In kindergarten as an activity I made a list of places where I want to visit when I grow up, my kindergarten teacher was impressed on the places on the list that she kept the list. I like Taekwondo because I can learn another language. Since joining I learned how to count in Korean and basic words such as Gahm Sa Ham Ni Da (Thank You). I also have a friend named Samuel in my elementary school who is from the Korean culture and like me he practices Taekwondo. Samuel has a higher belt than me and is a black belt already. We get along very good and talk to each other about our techniques. I know that I too can get my black belt like him. This school year I did a presentation in front of my elementary class about being in Taekwondo, I found out that there were three other students in my class that also practice Taekwondo.

Taekwondo has benefited me in my life by becoming a stronger more confident person. I have become a stronger person by learning to eat healthier, exercise and not to let anyone bully me or take advantage of me. It has also helped me become more confident and to be focused when doing school classwork or homework. This is very important because if a student is not confident I would second guess myself and will make mistakes in their school. One example of how Taekwondo has helped me is that before I started attending Taekwondo I was shy, I would have a hard time in talking to other students that I did not know. Once I started to participate in Taekwondo I began to do testing in front of a lot of parents and the other students. This helped me build confidence in myself. It also helped me in school because I was able to talk and present in front of the class. Now that I am a brown belt I have started to participate in competitions where there are a lot more people than my dojang, in the past I have been able to focus and concentrate on my techniques and sparring. A second example of how Taekwondo has benefited me is that my family is very supportive, and we go as a family to the practices and competitions. My family cheers me on and it motivates me to do my best. I have a younger sister that likes to watch me practice and I hope that when she gets older she too can participate in Taekwondo like me and I can teach her what I have learned.

My goal in Taekwondo is to progress in my color belts and ultimately become a black belt. Since, not everyone can become a black belt. This goal will require confidence, listening, to be strong, being able to overcome challenges and ultimately become a leader. Since my goal in life is to become a Scientist, this career will require to learn a lot of science and math, which can be hard. In Taekwondo I have been learning that I need to practice hard and have a lot of discipline in everything that I do. I know that I will need to be focused on the work. That I need to respect others and be a good team player. The experiences that I have learned in Taekwondo, teamwork, leadership, and discipline will help me get through the challenges of becoming a scientist.

Since joining Taekwondo and starting school I have met many different types of people, some with good qualities and others with not so good qualities. In Taekwondo I like learning from other higher belts, I look up to them as role models since they are the type of people I would like to learn from. An example of people I look up to are my instructors, since I started at Han Bros they all have been very good instructors and very respectful to me. When I am having a hard time learning a technique they are very patient and show me step by step until I learn the technique. All the students in the school are also very supportive, for example if a student is having a hard time with a technique everyone cheers the student to motivate the student and give the student confidence to complete the technique. The instructors also encourage students do their best in everything they do, including Taekwondo and school. I like that instructors give the students stars for having good energy in class, showing good teamwork and for receiving good grades in school. They also give out student of the month trophy during belt promotion to encourage students to keep trying their best. I was super excited when I won this award during my blue belt promotion. All the friends I have made in Taekwondo are nice, respectful and very helpful to me. They do not bully other students or show off their accomplishments.