

Jake Pickens - April 2017
2nd Degree Black Belt Essay

Over my time as a first degree Black Belt, I have learned many things and I have grown spiritually and physically. Taekwondo has impacted me by allowing me to focus better and to be better at everyday things that would require some stamina or extra effort. It has also made me able to be a better person overall.



To have focus and be a better rounded person is key to have a healthy and successful life. When I first started Taekwondo, I was kind of unfocused and not very mature. But over time, I have grown to be better at what might be hard for me like taking tests and to be able to focus on something better. Also, at school when it takes a lot of time to go over notes or homework, I am able to focus on the task ahead and not be swept over by everything else that is going on. All that I have been through to reach 1st degree black belt, the hard work, sweat, and the focus has all paid off for me to be able to reach 2nd degree black belt. After all, I have been motivated from the start by different Instructors, Master Atoun, and my family so I have never been alone in my long, hard journey.

During my year and a half as a first degree black belt, I have become stronger mentally and physically. My hard work has allowed me to grow more than I thought. I have been a SWAT for about a year and it has made me a better leader in class and outside of class. Over time, and through the ranks of belts, my time has heavily impacted myself and it is the reason I am who I am today. No matter what, even through my doubts of trying to keep going, I have become a better person because of it.

What I have learned is each belt has a purpose to make you a better person. White belts concepts are focus and punctuality and it is to teach you to be on time and to pay attention. Next is High White belt and the concept is effort and consistency. They mean that you need to give 110% on everything. After that it is Yellow belt and the concepts are goal-setting and commitment and they are to teach the lesson of setting a goal and sticking to it. Then High Yellow belts concepts are courage and self control and they teach you to believe in your abilities. Then there is Green belt and that teaches patience and that is to wait for the right moment to do something. High Green belt is enthusiasm and that is to express good feelings towards what you have to do if you like it or not. After there is Blue belt and the concept is determination and follow through. Those are kind of like Yellow belt

because when a goal is set you have to stick with it and finish it. Then High Blue concept is balance and that means that you need to balance your lifestyle and everything else. Red belt means flexibility and that means that you can adapt. High Red belt means perseverance and that is to push through hardship and finish strong. Deputy Black belt is contribution and that means to help someone without anything in return. First Degree Black belt is indomitable spirit and that means to give a growth mindset about everything you do. All of those concepts have helped build me up to be who I am today.

Overall, all of those concepts are rules that are set in stone that will always make a better person out of you. No matter what, even if it looks like I can finish my goal, I will stick with it and follow through to the end.