

## BLACK BELT PAPER FOR JESSICA MALLECK

### BLACK BELT EXTRAVAGANZA AT CARCO THEATER

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My name is Jessica Malleck and I am 11 years old. I live in Newcastle, Washington. When I am not at LMA I like to design clothing and jewelry.

I started doing Tae Kwon Do at LMA when I was 6 years old. When I first started Tae Kwon Do I thought it was fun because I liked learning the *poomses*. I also liked learning how to do the *padachagi*, a single motion counter roundhouse kick.

My journey wasn't always easy. Some things were very difficult. I was only able to break 2 boards at my first Break-A-Thon. As I learned more in class, I was later able to break 3 boards with one kick.

I learned about perseverance when I was 9 years old and decided to try sparring. I had a teenage coach Hayley who encouraged me and trained me for 1 year. I sparred at my first tournament and hurt my knee. I finished the tournament and got a gold medal. At the Christmas party that year I was awarded the Outstanding Student Award. I was so surprised! My hard work had really paid off.

Tae Kwon Do has changed my life forever:

- It has taught me how to have self-control.
- It has taught me how to work with people of all ages.
- It has taught me how to set goals.
- And I have made good friends along the way.

I would like to thank:

- Leann Realiza for being my mentor and demo team coach.
- Trent Tucker for being my black belt mentor.
- Instructors Robert, Geoffrey, Micah, and Michael for five years of hard-core training.
- And I would like to thank my parents who paid for and drove me to every practice on time and who didn't let me quit.