

Hello my name is Mykaela Chandler. I'm ten years old and in fifth grade at St Anthony school. I started Tae Kwon Do when I was almost six years old. I started Tae Kwon Do because I thought it would be an interesting sport to get involved in. I also started because Caitlyn's mom introduced the school to my family so I said yes I will do it. Caitlyn and I started our Tae Kwon Do journey together.

The first thing I learned through Tae Kwon Do is the importance of having self control in and out of class. I also learned how to be respectful of my instructors. I also enjoyed learning the different poomses especially the bo staff poomse. My favorite kick is the roundhouse kick. I really enjoy breaking boards using side-kicks.

One of my favorite things about Tae Kwon Do is that the people that I've met here are really nice. The friends I've made here are Caitlyn, O'Ryan, Macy, Alex, AJ and bunch of other wonderful people.

Tae Kwon Do has taught me to be respectful to my elders and peers. I learned that respect is not just for the older people but to everyone around me. Being a black belt means to me that you have to be responsible and dependable. Being a black belt means I have to be a good example to the younger kids.

When I become a black belt I plan to continue working on my personal growth by strengthening my self control. I would also keep the lessons I've learned about the five tenets of Tae Kwon Do which are Perseverance, Courtesy, Indomitable Spirit, Self-Control and Integrity. Out of all this my favorite is Perseverance because it has taught me to never give up even I get frustrated sometimes.

I would like to thank my teachers instructor Micah and instructor Robert. I want to thank Master Lee. Also I would like to thank my mentors instructor Joe and instructor Geoffrey. I also want to thank my dad, mom, and ava because they have always supported me especially during belt test. I want to specially thank my mom because she patiently helped me with my poomses.

Thank you for allowing me to share my Tae Kwon Do journey with you .