

## How has becoming a Black Belt affected my life? By Zachary Fish 05/10/13

When I got my black belt it was an amazing feeling. I felt like I was on the top of the world when I received it, after my test. When I became a black belt I found out that there are some positive and negative experiences that I got to deal with. These are my reactions to receiving my black belt, teaching the colored belts, and having the confidence of being a black belt.

When I received my black belt I have many emotions going through my head. I was excited because this was my first time I received a black belt in my life. I felt wiser because I was a colored belt before and now I'm a black belt who helps out the colored belts. Another reason for being wiser is that now being a black belt I know all of the basic movements so I can start learning the newer and hard techniques that I could not learn being a colored belt. When I received my black belt I felt strong. I felt strong because I had more response ability to deal with, made me feel like a leader in the class, a better teacher and a student, and made me feel tougher when I'm sparring with other black belts and to learn more new ways to fight. These are my reactions when I received my black belt for the very first time.

Next, was teaching the colored belts. I have learned that teaching colored belts are not as easy as I thought it was going to be. Some kids and adults do not

want to even be there. Some of those people do not care about Tae Kwon Do; their parents are making them come. There are other kids and adults that are really want to be there and those people we will help them out anytime. Now, as a black belt, teaching is very important part in my career. When I am the teacher those colored belts are looking up at me to do my best and to show them the correct way. There is some pressure on me as the black belt to look good and to be smart when any colored belt asked me a question about a form, one steps, or breaking. Patience is a very important part when teaching anyone. If the teacher gets upset at the students it makes the teacher look bad and it does not help the students learn. The teacher patience is part of the job. Also, when teaching colored belts, I can remember my older forms better. Another reason why it is a hard being a teacher is when it is test time. As the teacher you are praying that your student will do their best and also to make the teacher look good. This is why teaching is harder than it looks.

Finally, how has being a black belt raised my confidence in my life? When I started Tae Kwon Do I was not a very confident person. Now, that I have my black belt, my confidence has increased a lot. I know that I can do anything I want to and get it done correctly. I have more confidence when I go to college. My confidence is now getting more challenging with hard moves in Tae Kwon Do, in college, and in life. Another confident experience I have is tournaments. When I first went to one I was so scared and my confidence was very low. As a black belt when I go to

many tournaments, my confidence is much higher. When I put on my uniform it makes me feel very confident because I can tell and show people that I accomplished everything in my path to get this belt. This is why Tae Kwon Do has helped me with my confidence in the class and in life.

Being a black belt is exciting but it is hard work. I am glad that Tae Kwon Do has helped me out through my life and on my black belt journey. They have helped my reactions to receiving my black belt, teaching the colored belts, and building up my confidence in anything I do. This is how being a black belt has changed my life.