

Taekwondo

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The first day I started karate, I was really nervous that I was going to fail, but the first time I bowed to my masters and the first time I started focusing more, the master got more impressed. I think that karate teaches you respect and flexibility and to always focus on things that are important.

One reason is karate teaches you to respect other people and karate masters. According to *world taekwondo.com*, one way to respect your karate masters is you must bow to them. According to *tigerrockmartialarts.com*, respect in the Korean culture is something that has been carried through generations and is demonstrated by passing individuals on the streets of Seoul, Korea or the teacher. According to *tigerrockmartialarts.com* another way respect is taught in tae kwon do is through the step-by-step process of rank promotion.



My second reason is that karate teaches you to be flexible with your body. According to an interview with Karate Master Kim, one way to be flexible is to stretch your legs and body by leaning it down. According to another interview with Karate Master Alex, another way to stretch and to make you flexible is to put your legs down straight and stretch your two hands down to your feet and lean down your whole body.



My third reason is karate teaches you to always focus. According to an interview with karate master Leo, karate teaches you to always focus on things like kicking also forms and more by always working hard on it. According to worldtaekwondo.com, another way to always focus is to never give up on things that are very important to you and others.





In conclusion I think that karate teaches you respect and flexibility and to always focus on things that are important, respect and flexibility. To always focus is after all really important to many people, especially to focus on the things that are important.



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