

Taekwondo Builds Mental and Physical Strength

Kerry Chemelowski

The reason why I take care of my physical and mental health is that those are the most important things in my life. Without my health, I would be in a lot of trouble. I would not be good for anything. For example, I would look flimsy and have a blank stare. That is why I exercise and take care of myself. I do all sorts of activities like boxing, fishing, basketball, swimming, jogging, ping pong, volleyball, running, jumping, and football. But my favorite sport is Taekwondo.

Taekwondo builds mental and physical strength. It puts you close to the ground, so it builds your core muscles. When I am training, I am strong. You have to train every part of your body if you want to be more prepared and stronger than your opponent. By practicing Taekwondo, I get to know myself and my limitations and others' limitations. That's how you become a great fighter. In Taekwondo, you focus on your breathing, and that is where your power and strength come from. I get my power from within, from breathing.

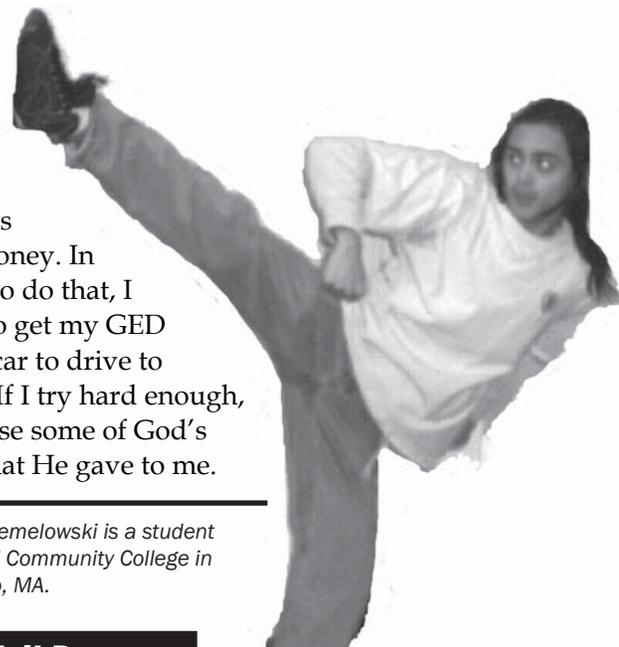
Not only is Taekwondo a great work-out, it also relieves stress and anger. It is a form of meditation. Taekwondo helps with self discipline and control. I was one bad kid before, but now that I do Taekwondo, I don't do bad things any more. I think that's because I have more self discipline.

The reason why I worry about my health so much is that my family has a history of getting cancer. I hope that by taking care of my health, I'm preventing myself from getting cancer. Also, I like to be fit. It is an advantage in life. Your body does not work well if you have lots of weight on it. Your heart beats faster because it has to work harder to pump your blood.

I am losing my health insurance, so I need to train and stay healthy. I hope to get a job with

more benefits and money. In order to do that, I need to get my GED and a car to drive to work. If I try hard enough, I can use some of God's gifts that He gave to me.

Kerry Chemelowski is a student at Bristol Community College in Attleboro, MA.



Break it Down

Make some notes in the chart below about how Kerry describes himself before and after starting Taekwondo.

BEFORE	AFTER