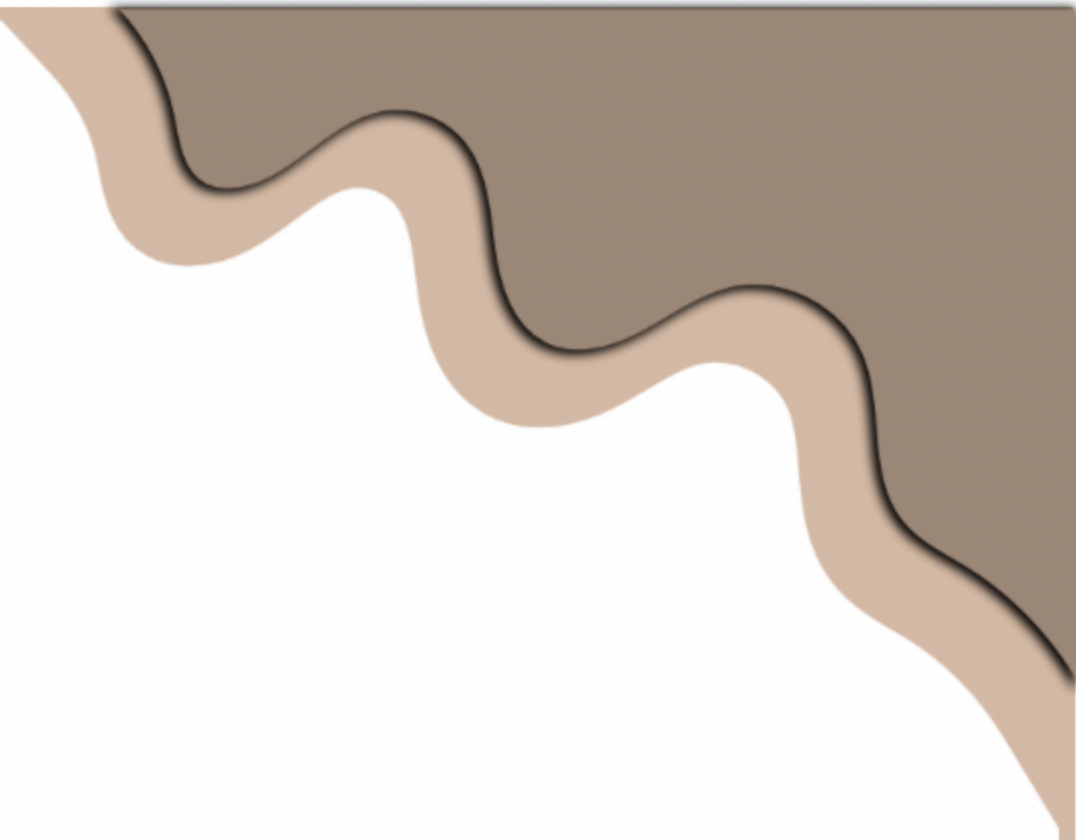


DIARIO DE REFLEXIÓN EN INGLÉS

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My first Taekwondo Competition

Today, I was thinking about my first taekwondo competition. Although I was excited, I also felt nervous because I had never competed before. My coach noticed my anxiety and told me, "Trust your training and stay focused." His words helped me calm down a little.

When the match started, I stepped onto the mat and faced my opponent. At first, I hesitated, unsure of how to react. My opponent moved quickly, and I struggled to keep up. If I had been more confident from the beginning, I might have performed better. However, I didn't give up. I told myself to focus, and little by little, I started to fight back.

In the second round, I managed to land a solid kick, which gave me more confidence. My teammates cheered, and I felt a rush of energy. I kept going, using everything I had practiced. In the end, I didn't win, but I was proud of myself for not backing down.

After the match, my coach patted my back and said, "You improved a lot today. Keep training hard." My parents also congratulated me, reminding me that progress is more important than victory. That night, I reflected on the experience and felt proud of my effort.

Looking back, I realize that perseverance and confidence are key in any challenge. Even though I was nervous, that competition taught me to trust myself. Since that day, I have worked even harder to become a better fighter.

