



UNIVERSIDAD DEL SURESTE

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Nombre de la materia:


Ingles II

Actividad:

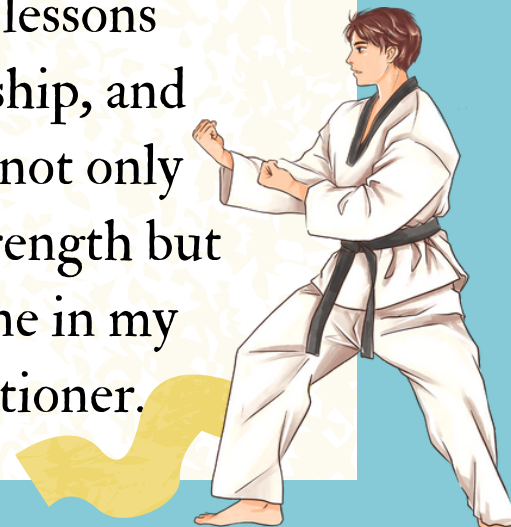
Primera actividad
historia en tiempo pasado



My story

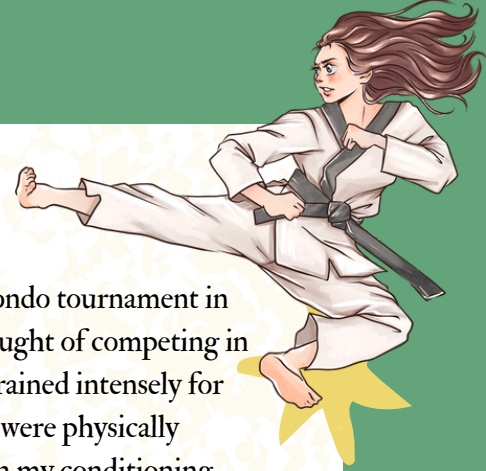


This is the story of one of the most memorable experiences of my life: participating in my first state taekwondo tournament. It was a journey filled with challenges, determination, and growth. As a blue belt at the time, I faced moments of doubt, fear, and exhaustion, but also moments of triumph and pride. Through intense preparation, the guidance of my Sabonim, and the support of my teammates, I learned valuable lessons about perseverance, sportsmanship, and believing in myself. This event not only tested my physical and mental strength but also became a defining milestone in my journey as a taekwondo practitioner.





”Kicks, Spirit, and Triumph: The Journey to Becoming a State Champion”



Two years and six months ago, I participated in my first state taekwondo tournament in Tuxtla Gutiérrez, Chiapas. I was a blue belt at the time, and the thought of competing in such an event made me feel very nervous yet excited. To prepare, I trained intensely for an entire month, practicing daily from 4 PM to 9 PM. The sessions were physically demanding, as I needed to meet the weight requirements, strengthen my conditioning, and perfect my skills in poomsae, kyorugi, and TK3.

A week before the event, Sabonim Cristian Tapia, a renowned figure and the tournament organizer, visited our dojang. Meeting him was an honor, and I asked him to evaluate my poomsae, Taeguk 3 Jang, which I would perform during the competition. He gave me valuable feedback, pointing out a small adjustment to my stance while praising my technique, spirit, and passion. His words motivated me to continue working hard, knowing I had the potential to stand out.

On the day of the tournament, my teammates and I felt a mix of anxiety and excitement. Some were so nervous they considered quitting, but our Sabonim encouraged us, reminding us of our preparation and abilities. I progressed through the poomsae rounds, winning each one despite challenges like repeating my performance multiple times due to objections from opponents.

In the kyorugi matches, I faced a strong rival who knocked me down several times. I felt exhausted and wanted to give up, but I remembered my training and landed a powerful downward kick to the head, knocking out my opponent and securing the win.

Finally, after competing in TK3, I was named state champion. Overcoming my fears and challenges made this one of the most unforgettable and rewarding experiences of my life.

