

# Focus in Tae Kwon Do

What Tae Kwon Do means to me is a balance of physical and mental power. The physical component of Tae Kwon Do to me is having the ability to perform Tae Kwon Do well. The mental component is having the belief and knowledge to know you can succeed in Tae Kwon Do. My supreme belief in Tae Kwon Do is knowing I can succeed.

The forms in Tae Kwon Do to me are more mental then physical. The reason I believe this is because you focus, gathering all of your speed and power. If you do not focus I believe you cannot perform the forms to the best of your ability. The physical part of the forms to me is only the moves which cannot be properly performed without first gathering your focus.

Sparring in Tae Kwon Do to me is much more mental then physical. I believe your physical abilities are extremely limited and you cannot perform to the best of your abilities if you just jump into your stance without focusing at all. If I am ever losing a fight during sparring I just step back close my eyes and clear my mind of everything except the task at hand. After doing this I always perform better and almost always come out on top to win the fight. People who do not focus can usually not concentrate and in the end rely on brute force alone to win the fight, although without the focus the speed is not gained therefore making them an easy opponent. Another important part of sparring to me is using a variety of different techniques to a variety of areas, while using combos and faking them out. If you can use combos with great speed you are almost guaranteed to hit your opponent at some point or another. Fake outs are also important so that your opponent drops their guard and while using all your speed by gathering focus you can hit your opponent with one of your other hand-hand combat weapons. Therefore the speed, combos, and fake outs in sparring I believe is due to the fact that you have great focus and can perform at your peak sparring abilities while completely focused.

The ranks in Tae Kwon Do mean almost nothing to me. For I believe that no matter the rank if you have enough focus you can succeed beyond everyone's expectations. For example if a white belt was sparring a black belt but the black belt thought "oh this is nothing I'll just whoop down on him this will be no problem." But the white belt thinks "I can do this I know I can" and then gathers all of his focus and just does his best chances are the black belt will lose because He underestimated his opponent and didn't focus while the white belt stepped up to the task at hand, pushed everything else away, focused and just went for it. The ranks in Tae Kwon Do do do one thing though, I believe that they provide a certain level of confidence to the wearer, although a good number of white belts as soon as they have their white belts assume that they have everything and just say "I'm the best" but usually this cockiness goes away by yellow belt. Although as your rank goes up your confidence in Tae Kwon Do and things in every day life increases. Your rank also effects how well you mentally perform in Tae Kwon Do, for the lower rank you are the less confidence you have in yourself and the harder it is to focus.

What I believe being a black belt will mean to me is that I had the focus, and determination to become a black belt. A black belt to me is the supreme symbol of focus, determination, confidence, courage, and power. Although a black belt isn't every thing for what truly matters is your focus on your goal and your determination to go far. So in conclusion I believe that Tae Kwon Do is more then power and belts but that the great Martial Artists succeeded because of their focus.

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