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My Unforgettable Moment in Tae Kwon Do

My most memorable moment of my sport Tae Kwon Do career was competing at the 2012 U.S. Open. The U.S. open was the single largest international event in which I have participated. It was also a major stepping-stone in reaching my Tae Kwon Do goals. Finally, I overcame opposition and bounced back after losing two months earlier.

In February 2012, I competed in the highest-level international tournament of my life. Previously, the only international tournament I had competed at was the Toronto Open, where I defeated the Canadian team member who later won a bronze in Egypt at the 2012 Junior World Game. The U.S. Open consisted competitors from about sixty-three different countries, by far my largest competition. My competition day fell on my 16th birthday. After defeating my three opponents that included competitors from Canada and Mexico, I lost overtime in the Finals. Although I did not win the gold medal, the U.S. Open is still the most memorable moment in my Tae Kwon Do career, competing in the biggest event ever.

The US Open was also a major stepping-stone in reaching my Tae Kwon Do goals. My main goals in Tae Kwon Do are to make the US National Team and to make the 2016 Olympic Team. Competing at the U.S. Open for the first time is a key part in reaching these goals. Winning a silver medal at the largest international

tournament in USA gives me confidence that I am competitive on a national and as well as an international level. It has also pushed me to work harder. This past 2012 AAU National in Fort Lauderdale, Florida, I successfully earned the opportunity to compete at Team Trials where I hope to attain one of my goals of by making the US Junior Team. The US Open played a major role in taking strides toward my goals in Tae Kwon Do.

Finally, the U.S. Open was a memorable moment for me as I bounced back from a previous defeat. Two months before the US Open, I competed at the Junior World Trials in Colorado at the Olympic Training Center. During the semifinals, I lost to a US Team member 10-2. After losing, I returned home and continued training, knowing I could potentially compete against him at the US Open. After about two months of rigorous training, I competed at the US Open. Winning my three matches including a semifinals match against Mexico 9-1, I faced the same Team member in the Finals. At the end of round three, the score was tied 3-3, forcing overtime where I lost 1-0. Although I had lost the match, I had bounced back from losing 10-2, to losing in overtime to the US team member. The US Open was a memorable moment as I made a strong comeback.

In conclusion, my most memorable moment in Tae Kwon Do was the 2012 US Open. It was the largest international tournament in my career, receiving a Silver medal. The US Open was also a major stepping-stone in reaching my Tae Kwon Do goals of making the US National Team and hopefully the 2016 Olympic Team. Finally, the U.S. Open was unforgettable as I overcame a big defeat and bounced back with a resilient performance.