

Competitions - Why compete?

There are numerous reasons why competing regularly is important. The most obvious is that you will become much better at TKD, will find it easier to do and therefore get more out of their training. Students that compete regularly are most likely to reach their Blackbelt. I always recommend that students attend as many competitions as possible. Other advantages include.....

- You will become more confident and less nervous at performing your patterns in front of judges or examiners.
- Focusing your attention on the next competition will distract you from your next grading. It becomes an additional incentive to train hard rather than just focusing on gaining your next belt.
- When competing, you will often have to perform a lower grade pattern rather than your current, new pattern. You will therefore be revising your old patterns which can be forgotten.
- If you do well, you will win a medal or trophy which you can bring back to the class and show your friends and family.
- You may get picked to represent England.
- The standard of TKD in competitions is higher than in class which encourages you to work harder and to become better.
- Because you are focusing your attention away from the grading, your grading will seem to come around sooner.
- Competitions are exciting.
- If you compete regularly in national competitions you will be competing against students of the same height and grade. This will give you an you idea of your standard of TKD and whether you need to improve compared to other students around the country.
- You will make new TKD friends.
- When going for your Blackbelt grading you will be standing in front of the examiners with students from all over the county. If you have competed regularly against these students you will have a realistic idea of how you fare as a TKD practitioner.

Ask some of the blackbelts about competitions and why they enjoy competing.