

## Jessica Hickson

Above all life should be fun - I discovered the meaning behind this quote through my training at Taekwondo, before that I was oblivious to it.

I have been training for the past 4 years under the guidance of Dianne. I started out a shy 12 year old, had no confidence in myself and didn't know anyone. As the months passed my confidence grew, I made new friends and learnt quick that life is all about having fun and doing your best.

The environment that Irontiger Taekwondo has created boosted my confidence and has helped me focus on my school studies.

In 2006, after hard training, I achieved my black belt. I jumped at the opportunity when Dianne asked me to become an instructor for the juniors as I would like to pass on my skills and experiences to other students.

I have grown as an individual, discovered my inner self and learnt that ABOVE ALL LIFE SHOULD most defiantly BE FUN.

Above all, life should be Fun

