

Laura Pateman

If you believe you can strive to reach your goals you will. Motivation, persistence and a willingness to learn anything is possible. This is my motto for life, a motto that has delivered for me results.

Since the age of 6, I have participated in Taekwondo and have had the opportunities to participate in sparring tournaments at Local, State and National Levels. It is not the size and the strength that determines the winner, but the persistence and willingness to achieve that drives you to succeed.

Over the years Taekwondo has help me develop physical and mental fitness and has provided me with confidence and direction in life.

Being an instructor not only is self satisfying, but I get inspired by student when I see their passion and commitment during the classes. There are a lot of great things about Taekwondo that makes it so appealing. The positive and motivated people that you are surrounded with every lesson is an extra benefit.

Life is about giving things a chance, give Taekwondo a chance and you will learn that anything is possible.

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