

Nicholas Cuevas

'The most important part of reaching your goal is to make sure you had fun along the way.' Nicholas Cuevas

I started Taekwondo when I was really little. Like most boys, I wanted to be just like my Dad, and my dad did Taekwondo. I started slowly, at first training with him in our garage and then eventually training with him at our club. It was me and my dad spending time together, and it was fun. It wasn't too long before my little brother decided to join in as well.

As I grew, I had a few school friends who also did Taekwondo. We began to train together, and soon Taekwondo wasn't just a place for me to spend time with my Dad and brother, but it was also a place for me to spend time with my friends. It was at this time that I encountered Master Dianne Carn.

As a teenager, Taekwondo became less of a priority as I began to focus on other aspects of growing up. It wasn't long before I decided to walk away from Taekwondo altogether.

After a few years, I decided to return to Taekwondo through Dianne and Irontiger. That decision was one of the best that I have ever made. It allowed me to renew old friendships and form new ones.

Since coming back I've worked hard to attain my Black Belt and compete in sparring tournaments. When the opportunities arose, I jumped at the chance to help coach other fighters and become an Instructor.

To me, Taekwondo not only represents a combination of strength, discipline, knowledge and determination, but also a chance to have a lot of fun with my Dad, my little brother and my friends.