

三.

I do kickboxing, which is also called Taekwondo. It usually takes place in a vast room with soft pads on the floor so that we won't hurt ourselves seriously. Besides, we do this exercise with bare feet and we normally put on our uniform. We also wear a belt which shows our level in this sport. Because of the belt, the coach will train you on account of your ability. The higher level you are in, the more difficult movements you have to learn. We practice various moves, especially kicking actions. As the name goes, we do boxing mostly with our feet and legs.

Kickboxing is not really a common exercise but I

背面可繼續作答

chose it due to my poor capability of ball games. I joined the school club at first and I found my great enthusiasm in it. Sweating and bruises didn't keep me away from this furious exercise. Instead, I enjoy the exhausted feeling and wet and stinky clothes after exercising. All these injuries and tiredness are a kind of achievement to me. Everytime we have battle-practice, I always end up dozens of bruises. I regard them as my reward of the battle. Every bruises reveals my mistakes and teaches me a lesson. How can I refuse to such fascinating sport?

Learning kickboxing not only keeps me in good health condition, but also help me to defend bad guys who try to attack me. I also learn to be patience and always do my best to achieve my goal. Just like when I'm practicing a kick, it takes time and effort to perform it perfectly. I'm glad to participate in kickboxing. Even though I quit because of the heavy school pressure, I'm planning to return during summer vacation. Can't wait to embrace it again!