

Local People - A Teenage Perspective

A small group of students from various year groups at Macclesfield Academy meets regularly to discuss ideas, work together and support each other as writers. The articles they write for us look at life from a sometimes refreshingly alternative perspective!

This issue, an enthusiastic description of a hobby by James Fowles, aged 13.



The Macclesfield Korean Kickboxing academy

What do you like to do in your spare time? Well, I like to do taekwondo and Korean kickboxing at the Macclesfield Korean Kickboxing Academy.

I started classes from a young age; I can't remember the exact age as I was so young. I go every week on a Tuesday, Thursday, Saturday and a Sunday. So it takes up a lot of my spare time, as I like to practice at home also. But, because I enjoy it so much, I don't mind dedicating so much time to it.

Every class is really fun and enjoyable. The classes consist of contact sparing while wearing pads (non-contact for younger people and light contact for the slightly older people), patterns (a series of moves joined together) and games for the younger people.

When you first start classes, you will start on a white belt and you will work your way up through the different coloured belts. Ultimately, you aspire to achieve a black belt. I was a half black belt until last month when I received my three quarter black belt given to me from the chief instructor, Nev Palmer. He is a fifth degree black belt. He is forty-one years of age and has been doing the martial art now for over thirty years. I aspire to be like Nev and complete higher degrees in black belt and, maybe, one day be teaching it myself.

To achieve this three quarter belt I had to do many things such as: kicks, moves and punches. When you do your assessment for your belt, everyone, including family and friends, will watch you do it; so the pressure is really on! But when you are performing the routines you forget that you have such a big audience and concentrate on what you need to do.

In six to twelve months' time, I can attempt to gain my full black belt. This will be building on skills I have already learnt along with learning all new choreography (a number of linked moves put together) and improve on my current patterns and moves. This will require lots of practice!

You can start with the academy at any age and a trial session is free. The classes are on Tuesdays at 5:45 until 6:30, Thursdays at 6:00 until 6:45, Saturdays at 11:45 until 12:30 and Sundays at 5:15 until 6:00. Every class lasts for forty-five minutes. It is a good way of keeping fit and meeting new people. I would recommend it to anyone who has been thinking about starting a new sport or is interested in contact sports.



Apart from his obvious main interest of Korean kickboxing, James enjoys scooters, skate boarding and football, both watching and playing.