

Extracurricular activity essay examples

[Health & Medicine](#), [Body](#)



**ASSIGN
BUSTER**

Kung-Fu Gymnastics

My interest in Kung-Fu gymnastics started one day as I was walking home from school when I noticed a group of students training in the field. I was awe stricken by the tricky moves they made which I noticed looked similar like those of Jackie Chan from the movies. The next day I made a point of joining the club which was known as the Kung-Fu gymnastics and personal defense sports club. It is not an easy task to control the body and make the moves as we think. I found it hard but I did not give up since after sometime my body gave in. Our master from South China got to me very well and we would train together after classes and walk together towards our community after.

The master helped me realize that most of the reasons why I was failing in Kung-Fu were due to lack of enough concentration and thoughts in my head. He therefore helped me work on how to concentrate on the movements and meditate before doing any important activity. I was able to succeed both in my school work and my Kung-Fu and since then my life changed. One year after I started training I became first lace in the city championship. Kung-Fu has also helped and benefitted my endurance and muscle strength. The classes have enabled me to tone the basic muscles such as arm muscles, leg muscles and core strength which are used in the forms and postures of fighting.

Kung-Fu is also a very important aspect which has assisted me in the areas of discipline and my self confidence. This came about as I dedicated myself to self training. My other areas outside training also started to be successful thus enabling me to effectively utilize the learnt principles in the martial

training and other different areas of life. The activity has also highly improved on my socialization helping gain a lot of friends from different communities and at some point I would say it has helped me acquire fame. Flexibility is another change that has highly happened in my body. I can move in different styles without much strain and this has also helped my physical appearance since I also use the Kung-Fu as a means of physical exercise.