

BANGALORE MIRROR

5 young Taekwondo masters go for gold

Students aged between 4-9 years win gold medals at a championship recently held in South Korea

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Five young students from Bengaluru have bagged gold medals in the Taekwondo Championship held in South Korea. The Championship was held between July 21 and 24.

"Taekwondo is a Korean martial art, similar to Karate. Taekwondo emphasises on head-height kicks, jumping, spinning kicks and fast kicking techniques. It also deals with breathing exercise, muscle strength training, stretching and memory development by meditation," said their coach and teacher Suresh SG.

More than 2,000 students from 29 countries had participated in the prestigious event – Under Age 12 category. From India, more than 20 students had participated, out of which the five young masters of Bengaluru, Hriday Patel (4), Divit Bhandari (6), Niyati Bhandari (9), Lohithaksh Chowdhary (8), Nakul (7) came back winning gold medals.

It was a proud moment for Nikita Bhandari, mother of Divit and Niyati. "I was very happy to see my children win. It was their first International event and they won gold. Earlier I wanted them to join gymnastics. But, then I decided to go for Taekwondo."

The man behind these young champs winning gold, Master Suresh SG, said, "Taekwondo is quite difficult to learn. But the children are picking up well. Among the 150 students training under me, the association chose these five for the International competition. They have great talent and they will do great in the future."

He said, the children's parents have been very supportive, and sponsored the whole trip for their children, by paying Rs, 1,22,000 per child.

Hriday Patel, the youngest among the 150,



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training in SG Masters Taekwondo Centre, is currently the number one Taekwondo student in India. He is also the first youngest black belt achiever from Jain Heritage School.

Suresh is all praises for Hriday. "When his mother bought him along to enroll him for classes, I was surprised. I told her that he could just come for the classes and play around. She agreed. But to my surprise, when I used to train the other students, Hriday used to pick up the moves as well and do it better than the rest. He has brilliant presence of mind. He never forgets what is taught in the class and keeps performing better every single day."

However, it is great to see such young talent coming up and making our city and country proud.