I was so excited about the competition. I had been practising all week so I was ready to go. I woke up and was very tired and my mouth guard hurt so much. We got in the car and played some music, but I fell asleep half way through the ride. When I woke up, ‘Havana’ was blasting through my ear and Mum was shouting “We’re here”! I was jumping for joy. We quickly got our stuff together and hopped out of the car but it was freezing! My teeth rattled all the way there. The first thing I thought was that the hall smelt like a swimming pool. We walked through two big double doors. The hall was packed. There were people everywhere. After we had found some seats we met one of my Tae Kwon Do best friends Cian. All of a sudden, we were called to Ring 2 to get our schedules for the day. I had patterns at 10:36am and Sparring at 1:21pm, so we had a lot of time for me to practice. Before I knew it, my name was called to go on. I performed my pattern and I won! I did my next round and I lost but that was ok because I had won silver. I was so excited. The girl that beat me sat in front of me and it turned out she was sparring against me so I practised and practised until I met my coach Saoirse. She did some drills with me and we practiced movements until I was ready. I was first on and Saoirse and I thought of a clever way of her coaching me. She would use hand signals so she could coach me without the other person knowing what I was going to do next. So I went ahead and did my best. The match ended before I could score any more points, but I still WON! My coach congratulated me, gave me my drink and said that if I do that for the next matches I would win gold! So I did as she said and won the next match. I was very nervous because I was fighting the girl who had beaten me in patterns. I tried my very hardest and I couldn’t believe it when I found out that I had won! My coach ran over and hugged me and said “well done” about a million times. When I sat down I saw the Dad of the girl become very angry at one of the judges for not letting their child win. They threw the medals at the judges and were told to leave. I had won gold. I was so happy and so was Saoirse. I went home quickly and I was exhausted but happy that Saoirse was coaching me in the Cork competition and I won gold and silver.