**NMSQT**

Being born in India (the country of my heritage), lived in Singapore (the foundation of my childhood), and now residing in Houston (the stepping-stone of my future), has exposed me to various perspectives and unique standpoints, but, unexpectedly, some of my most transformative experiences have been in my Taekwondo journey.

A few months after I joined my Taekwondo school, I was struggling with balance and technique in a basic sequence of moves. While other senior instructors merely advised repetition, it was Master Blazek who recognized my struggle and approached me with valuable insights.

Noticing I was turning my waist too much during my kicks, he devised a creative routine. He asked me to kick a foam helmet that he tossed into the air. By throwing it to intentionally exploit my tendency to over-rotate, this exercise helped rewire my muscle-memory and significantly improve my balance. I later went on to win a Gold Medal in the International Open Taekanagwon Poomsae Championships, a testament to the profound impact of Master Blazek's teachings.

Two years later, as I earned my first black belt, Master Blazek offered me a unique opportunity to become a junior-instructor over my peers. I eagerly accepted, excited to pass on the technical knowledge and experiences I had gained under his guidance.

In one of my early teaching sessions, I observed a student, Yash, struggling with his taekwondo forms. He executed the sequence of moves with a lack of strength which was sure to reduce his competition scores where "expression of power" is awarded points. I saw my initial state of unaware inaccuracies in Yash’s attempts, but at this same moment I also saw an old foam helmet in the corner, inspiring a creative teaching exercise.

Holding the helmet in a loose grip, I encouraged Yash to punch it out of my hands. He started with lazy taps, but the novelty of knocking the helmet away and watching me retrieve it unlocked a new excitement in him. Gradually, he started to fling the helmet across the room. Asking him now to re-do the initial sequence, but with the addition of his fresh power, the immediate results were undeniable, each move now infused with a newfound vigor of force and energy.

It’s mentoring and leadership opportunities like these that have transformed me into an interpersonal leader.

Master Blazek’s technical expertise, wisdom, and genuine care have shaped my journey to become a "Master Goyal" not just in the dojang, but in global communities that solve pressing issues.

Sharing my knowledge and skills with Yash and other peers in Taekwondo, Debate, Robotics, Projects, and more have enriched my ability to be a changemaking leader.

These perspectives as a selfless mentor and effective leader beckon me to carry forward a legacy of learning, empowerment, and application as I inspire my peers and myself to tackle extraordinary challenges together. This is meaningful to me because no matter which country, activity, or position I am in, I will find a path to broader lessons and vital impacts for my communities, mentors, peers, and I.

**UT**

Being born in India (the country of my heritage), lived in Singapore (the foundation of my childhood), and now residing in Houston (the stepping-stone of my future), has exposed me to various perspectives and unique standpoints, but, unexpectedly, some of my most transformative experiences have been in my Taekwondo journey.

Controlling a class of students ranging from 7 to 18 years old is no easy task, but Master Blazek excels in this role with remarkable skill and finesse. His impressive 4-striped black belt does command respect, but it's his technical expertise, extensive experience, and genuine concern for his students that truly distinguish him. I admire Master Blazek as a role model, not just for his Taekwondo prowess, but for the profound impact he's had on my personal growth.

A few months after I joined my Taekwondo school, I was struggling with a basic sequence of moves, grappling with issues of balance and technique. While the senior instructors merely advised repetition, it was then Junior-Master Blazek who recognized my struggle and approached me with invaluable insights.

Junior-Master Blazek explained my errors in a way that resonated with my sciency mindset. He said, "From a physics standpoint, by turning your shoulders so much during your side-kick, you put your center of gravity too far from your toes." With this relatable explanation, he introduced a simple yet effective routine, asking me to kick a foam helmet he tossed into the air. By throwing it to intentionally exploit my tendency to over-rotate, this exercise helped rewire my muscle memory and significantly improve my balance. Impressed by my progress, he imparted a valuable piece of advice: "In a fight, if someone is too heavy for you, good technique will save you from falling. Even if you don’t fight, the balance and strength it builds will be important." I took his advice to heart and went on to win a Gold Medal in the International Open Taekwondo Poomsae Championships, a testament to the profound impact of Master Blazek's teachings.

Two years later, as Master Blazek earned his 4th-degree black belt (making him officially a Master) and I earned my first black belt, he offered me a unique opportunity to become an junior-instructor, which I eagerly accepted. I was excited to pass on the technical knowledge and experiences I had gained under his guidance.

In one of my early teaching sessions, I observed a younger student named Yash struggling with his taekwondo forms. He executed the sequence of moves with a lack of strength which was sure to reduce his competition scores where "expression of power" is awarded points. I approached Yash, inquiring if he needed assistance in rectifying any shortcomings. Nervously, he admitted that he was uncertain.

Drawing inspiration from Master Blazek’s methods, I began by performing the same sequence of moves with varying degrees of power to illustrate the error effectively. As Yash understood the need for improvement, I saw an old foam helmet in the corner, inspiring a creative teaching exercise.

Holding the helmet in a loose grip, I encouraged Yash to punch it out of my hands. He started with lazy taps, but the novelty of knocking the helmet away and watching me run for it unlocked a new excitement in him. Gradually, he started to launch the helmet across the room. This exercise helped Yash build the confidence and energy necessary to infuse a newfound vigor into his forms.

Asking him to re-do the sequence but with the addition of this power, the immediate results were undeniable, with each move now showcasing a burst of force and energy. Satisfied with his improvement, I emphasized the importance of practicing with power, not just as preparation for potential self-defense, but also as a means to develop strength and agility.

Learning from Master Blazek has been a rewarding experience, and his mentorship has been instrumental in my personal growth. His technical expertise, wisdom, and genuine care have shaped my journey to become a "Master Goyal" in robotics, arts, athletics, communications, and more. I aspire to carry forward a legacy of expertise, wisdom, and selflessness, empowering my peers to tackle extraordinary challenges together.