

Spring 2021 Candidate Essays—2nd Degree Candidates

All black belt candidates are required to write an essay.

Students under the age of 13 need to submit your outline by January 8, 2021. **You should not write your draft until you receive your outline back from your instructors.**

Essay drafts are due by March 5, 2021. Instructors will then review and provide feedback. Final essay drafts will be submitted with your belt test application in May.

Drafts should reflect your best effort. They should be full essays and be proofread and re-worked prior to submitting. Treat your draft like a final.

If you would like to submit an outline or an earlier draft to get extra help you are welcome to do so. Please coordinate this with your instructors so they have enough time to review and provide meaningful feedback. This will not change the due date of your official essay draft due on March 5.

Make sure you are looking at the appropriate prompt for your age.

Second Degree Candidates –13 Year's Old and Younger

You should not write your draft until you receive your outline back from your instructors.

Essay should be a minimum of 3 pages, typed, double spaced. Standard font and margins.

Prompt: How do you make tangible changes to your techniques and behavior? (Tangible changes are those that can be observed by others.) How do you motivate yourself to do better? Identify at least three methods for both making changes and for motivating yourself.

Second Degree Candidates –14 Year's Old and Older

Essay should be a minimum of 3 pages, typed, double spaced. Standard font and margins.

Prompt: There are three quotes below, each addressing an ideal for behavior and success. For each of the quotes below write a 1-2 page essay that, at minimum, addresses the following:

- Briefly explain what you think the author is saying and define the quote in your own words. There may be multiple interpretations or applications that you can discuss. There are hints below but you do not have to be limited to those if you see a different meaning nor do you have to include all of those if you do not agree with the hints. If you choose to include those hints they should be well explained as to how they fit these quotes.
 - How does this apply to the way you live your life and conduct yourself today in your home/ personal life, in your academic life, and in your Taekwondo endeavors?
 - What changes to your current behavior, attitude, and/or processes can you make to achieve these ideals in the future?
 - If you make the changes you discuss how do you see this impacting your levels of success and happiness through the rest of high school, the first five years after high school (college, military, or whatever else you may be considering immediately after graduating high school), and further into your future (career, family, etc.)
1. "You cannot escape the responsibility of tomorrow by evading it today" – Abraham Lincoln (Theme hints: accepting responsibility for your actions and procrastination.)
 2. "He that good for making excuses is seldom good for anything else."-- Benjamin Franklin (Theme hints: Accepting responsibility, perseverance, fighting through obstacles.)
 3. "We are what we repeatedly do. Excellence, then, is not an act, but a habit." -- Aristotle (Theme hints: Forming habits, your choices and actions today affect your future success.)