

First Degree Candidate Essay Outline (Required for Students 8th Grade & Younger)

PROMPT

When you come to Taekwondo class, you are often asked to perform actions that do not seem related to your Taekwondo skills such as putting your shoes on the rack, not climbing on the bags, and answering up. For your essay, think about why you are expected to perform these or other similar type of tasks.

How do these “small” tasks or efforts impact your Taekwondo training? Many times, these “small” tasks at Taekwondo can impact your behavior and attitude at home and at school. Think about how these tasks carry over from Taekwondo to outside. Also, think about some “small” tasks or efforts that you do at home or at school and how they impact your behavior and attitude.

You must include at least two tasks for Taekwondo and two at home. You are welcome to add additional tasks.

DIRECTIONS

Complete the outline on the next page. The template is created for younger candidates (elementary school age). Middle School candidates should take some liberty to expand on this for a more detailed, comprehensive essay. If you need more space or you have more ideas for each goal make your own copy and add those in.

OUTLINE

The purpose of the outline is to give you a basis for your essay. You don’t need to put complete sentences in your outline. Phrases work just fine. Once you have the phrases and are ready to begin your essay, you should be able to rework the phrases into sentences.

Underlined sections indicate new paragraphs and sections of the essay. Each Arabic Numeral (1, 2, 3, etc.) indicates a main point.

Each Roman Numeral (i, ii, iii, etc.) indicates support for the main point.

ESSAY

Use the outline to develop your essay. There should be a few sentences in your essay for each of the supporting points. You may even want to add support for your support. For example: If action 1 is to practice at home maybe sub points are to schedule time, set up a dedicated space to practice, plan what you’ll focus on, etc.

NAME: _____

Introduction – Introduce topic and identify the goals:

Write a phrase for each of the four items listed below. They will become the body of your introductory paragraph. Of course, other sentences may be needed to help the paragraph flow.

1. Overall theme
2. Small tasks at TKD
3. Small tasks at home

TKD Small Task #1 (Need to identify at least two larger impacts and how it affects you at Taekwondo and outside of Taekwondo. The same task may have multiple benefits and those benefits may or may not be the same at Taekwondo and at home.)

1. TKD Task 1: _____
 - i. Benefit #1: _____
 - ii. Benefit #2: _____
 - iii. Benefit #3: _____
 - iv. Benefit #4: _____
 - v. Benefit #5: _____

TKD Small Task #2 (Need to identify at least two larger impacts and how it affects you at Taekwondo and outside of Taekwondo. The same task may have multiple benefits and those benefits may or may not be the same at Taekwondo and at home.)

2. TKD Task 2: _____
 - i. Benefit #1: _____
 - ii. Benefit #2: _____
 - iii. Benefit #3: _____
 - iv. Benefit #4: _____
 - v. Benefit #5: _____

Home Task #1 (Need to identify at least two larger impacts and how it affects you outside of Taekwondo as well as at Taekwondo. The same task may have multiple benefits and those benefits may or may not be the same at Taekwondo and at home.)

3. Home Task 1: _____
 - i. Benefit #1: _____
 - ii. Benefit #2: _____
 - iii. Benefit #3: _____
 - iv. Benefit #4: _____
 - v. Benefit #5: _____

Home Task #2 (Need to identify at least two larger impacts and how it affects you outside of Taekwondo as well as at Takekwondo. The same task may have multiple benefits and those benefits may or may not be the same at Taekwondo and at home.)

4. Home Task 1: _____
- vi. Benefit #1: _____
- vii. Benefit #2: _____
- viii. Benefit #3: _____
- ix. Benefit #4: _____
- x. Benefit #5: _____

Conclusion—Summarize Paper

Conclusion paragraph should briefly restate each task and the larger impacts they have on you. This should be a summary and not relisting every benefit for every task.