

Spring 2021 Candidate Essays—1st Degree Candidates

All black belt candidates are required to write an essay.

Students who are 13 years old or younger 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.

See below to find the prompt and guidelines for your age.

First 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 2 pages, typed, double spaced. Standard font and margins.

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.

First 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.
 - How does this apply to the way you live your life and conduct yourself today in your home/ personal life, in your work life, and in your Taekwondo endeavors? (Try to apply each quote to all three areas but if it is not applicable you do not need to force a connection.)
 - 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 in the next year, next five years, and next 10 years.
1. "We are what we repeatedly do. Excellence, then, is not an act, but a habit." -- Aristotle
 2. "The Only Person You Should Compare Yourself to is The Person that You Were Yesterday." – Amy Morin
 3. "You will never feel truly satisfied by work until you are satisfied by life." – Heather Schuck