**FIRST DEGREE CANDIDATE SHORT ANSWER #3 – 8TH GRADE & YOUNGER**

*Directions: Answer the questions below. All answers should be typed into this document. Please double space your answer. Do not change the font or margins.*

1. As Taekwondo students we take an oath to “help build a more peaceful world” and to “be a champion of freedom and justice”. What are you doing now to fulfill this oath? As a black belt what will you do to fulfill this oath? (Your answer should be a minimum of two paragraphs but provide as much information as you need to fully answer the question.)
2. Forms help you be better at sparring. They use self-defense, footwork, balance, breathing, etc. How do these concepts and any others you can think of affect your sparring? (Address each of the concepts listed. Identify at least one other benefit from forms that you can translate to sparring. Write one paragraph for each concept.)