**SECOND DEGREE CANDIDATES – ADULTS**

*Directions: Write your essay for the prompt below. Your essay should be a minimum of two pages, typed, double spaced, with standard font and margins. Essay draft is due by February 3, 2023. Your instructors will return it in March 2023 with feedback. Your final essay will be due with your application packet in May.*

*Prompt:* Tell us your Taekwondo story. Why did you start training? What continues to motivate you? What challenges have you faced in your training and how have you overcome them? What have you learned about yourself? (You do not have to limit your essay to those questions, tell your story with honest reflection; do not try to tell a story you think your instructors want to hear.)