**FIRST DEGREE CANDIDATE SHORT ANSWER #2 – 8TH GRADE & YOUNGER**

*Directions: Answer the questions below. All answers should be typed into this document. You should write at least two paragraphs but provide as much information to answer the questions as completely as possible. Please double space your answer. Do not change the font or margins. This is due by February 3, 2023.*

1. Reflect on your plan you wrote about in your first written assignment. Is it working? Have you had to make changes? Is there anything you are thinking about changing?
2. Why does kie hap help your kicks, strikes, and blocks? Do not simply re-state what is in the manual.