

3rd Dan Black Belt Essay

The essay must be submitted 10 days before the testing date. Please check the event schedule for the testing date.

The number of pages needs to be a minimum of four pages.

Page format: must be typed, singles or double space, font size needs to be 14 or smaller.

Students can choose one or more topics from below.

- Your understanding of Taekwondo
- Benefits of Taekwondo in your experience
- Your experiences of being a student and being a teacher if you have involved in helping, assisting classes
- Teach Back Swing Kick (write the way you would explain to a white belt student. What are the important things that you would explain students to learn the best, etc.)
- A brief history of Taekwondo