

## 4<sup>th</sup> 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 martial arts journey (Explain the past, present, and future of your journey)
- Purpose of your next test
- Please relate Discipline, Respect, and Loyalty to Taekwondo Training. (Why are they important in Taekwondo Training? How do you teach the students?)
- List all other benefits of Taekwondo Training, and explain relations to Taekwondo Training