

5th 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 five 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.

- The most effective ways to teach Taekwondo (You may break it down to genders, ages, techniques, forms, sparring, conditioning drills)
- In what direction the arts of Taekwondo should be developed and improve
- How to grow or improve the popularity of taekwondo among all other types of martial arts