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**Black Tag – Black Belt Essay**

All students going for their Black Belt Grading must hand in an essay on the **Pre-Grading**. This essay must be a minimum of 500 words and is all about **YOU!** There is no right or wrong way of writing your essay as we want to know about you and how you feel about your Kickboxing training. Here is a guideline of things you may want to include in your essay:

* Who you are and which Kickboxing club you attend?
* Interest and hobbies you have outside of Kickboxing
* Why you started Kickboxing & how long you have been training?
* What you like most about Kickboxing?
* What is your favourite kick, combination etc and why?
* Achievements in Kickboxing e.g. team member, buddy, Junior Leader, Assistant/Instructor, tournaments you have attended, medals, trophies or special certificates
* Why you want to become a Black Belt and what it means to you?
* What you will do when you achieve your Black Belt?
* How you will feel when you achieve your Black Belt?

If you have any questions or you are not sure of something, just ask the Instructors as we are all here to help you.

Good Luck! ☺