

Name, date, and word count

One-inch top and bottom margins

**Essay Topic**

Double space between the topic and the first paragraph

Over the years, there have been many important people in my life. There is one, however, that stands out more than the rest. Ever since I was 13, I have been taking Tae Kwon Do classes at *MS Word 12-point Arial or Times New Roman font* instructor is Master Julius Melegrito and he played an essential role during my high school years. He helped me gain a lot of confidence and self-respect; this helped me to achieve many goals in high school.

Double space between paragraphs – Enter and start typing on the second line

A year after joining Martial Arts International, Master Julius placed me in the advanced level adult class and invited to join the Black Belt Club. This is a prestigious club for martial artists that have made a goal to achieve their Black Belts. Another year later, after my Freshmen year in high school, he put me in the Leadership Team. This is for students who will become Assistant Instructors and, eventually, full Black Belts. Then, he invited me to join the Demo Team, which is for students who do special performances for many different public occasions. On October 27<sup>th</sup> of the year 2007, I tested for my Black Belt; it was a six hour testing. On December 15<sup>th</sup>, I ceremonially received my Black Belt. It took me four years to earn my Black Belt, and I count it as the highlight of my high school career. I couldn't have done this without Master Julius's encouragement and assistance. All of the extra activities Master Julius placed me in gave me more responsibility in his school; it showed how much confidence and trust he had in me. As a result, I began to be more confident.

Double space between paragraphs – Enter and start typing on the second line

By helping me to earn my Black Belt, Master Julius taught me an important lesson; there is no goal that is too high to reach. So, I began to reach for what I originally thought was impossible. Thanks to Master Julius, I now have two options for college; I am an alternate for the United States Air Force Academy and I have an AFROTC scholarship; I have also been accepted into Texas A&M University and the Corps of Cadets.

Almost from the very beginning, Master Julius put me in leadership positions within his school as an Assistant Instructor and then as a Black Belt Instructor. This affected my other activities; I gained many more leadership positions during my high school years. In my Youth Group, I became one of the youth group planners and leaders. I became a Varsity Public Forum Debater within my first year of taking debate. And in my JROTC group I held numerous leadership roles; Flight Commander, Kitty Hawk Air Society Secretary, and Chief of Operations to name a few. All of this was only possible because Master Julius refused to let me stay the quiet, shy girl I was when I first joined his school; he turned me into a leader.

500 Words or less

One-inch top and bottom margins