





## **Paper Guidelines for 2nd and 1st Gups**

Your paper should be on a topic of your choice that pertains to martial arts. Please be creative when choosing a topic and pick something you are interested in. Get your topic approved as soon as possible in order to start writing it. This should be a learning experience for you and should help you learn something more about martial arts that we do not ordinarily explore during class. Please speak to your instructor if you have any questions.

### **Paper Requirements:**

2nd Gups: 2 pages in length

1st Gup Temporary: 3 pages

1st Gup Permanent (1st Dan Candidates): 4 pages

Take this seriously! Do not wait until the weekend before to start this; it should be an ongoing project that you can expand on during your martial arts career.