How to add constraints in "CREATE TABLE" statement:

```sql
CREATE TABLE APPLICANT(
        APPLICANT_ID INT IDENTITY(1,1) PRIMARY KEY,
        APPL_NAME VARCHAR(20) NOT NULL,
        APPL_SURNAME VARCHAR(20) NOT NULL,
        FACT_ADDRESS VARCHAR(60) NOT NULL,
        BIRTH_DATE DATE NOT NULL,
        IIN INT UNIQUE,
        PHONE_NUMBER INT UNIQUE,
        CHECK (DATEDIFF(month, BIRTH_DATE, GETDATE())/12 >= 18)
);
CREATE TABLE GRADE(
        APPL_ID INT FOREIGN KEY REFERENCES APPLICANT(APPLICANT_ID),
on delete restrict
on delete cascade
on update restrict
on update cascade
        DISCIPLINE VARCHAR(20) NOT NULL,
        GRADE VARCHAR(1) NOT NULL,
        CHECK (GRADE <= 'F')
);
```

How to add constraints to existing table:

```sql
/*fk*/
ALTER TABLE OrderItems ADD CONSTRAINT FK_OrderItems_Orders FOREIGN KEY
(order_num) REFERENCES Orders (order_num);

alter table SUBJECT add primary key (SUBJ_ID);

/*pk*/
alter table employees add constraint pk_employees primary key (employee_id);
/*drop pk*/
alter table employees drop constraint pk_employees;
/*unique*/
alter table employees add unique (email);
/*not null*/
alter table employees alter column first_name varchar(10) not null;
alter table employees alter column employee_id integer not null;
/*check*/
alter table employees add check (salary>1000);
```