

Etiquette / presentation / attitude / discipline		10TH KUP WHITE BELT
Attendance (poor=2) (fair=6) (good = 9)		
Instructors assessment mark (0 -10)		
Single punch – sitting stance		
Reverse punch on focus pads (alternating slow and fast). Both arms in front of body guarding, walking stance)		
One-for-one reverse punch with partner (L stance)		
High outer forearm block (walking stance – with blocking poles, slow and fast)		
Front kick in lines (walking stance – 10 each leg – on the spot)		
One-for-one front kick with partner		
Press ups (children X 5, adults X 10)		
Questions X 2 (score each answer out of 5)		
Areas requiring attention are circled: etiquette / discipline / concentration / stances / focus / balance / correct striking tools / power / theory	Score	Result





Student photo



Student name (Please complete all light yellow boxes on both sides)	
School	Date of birth
Phone	
Email	

Etiquette / presentation / attitude / discipline		7TH KUP GREEN STRIPE
Attendance (poor=2) (fair=6) (good = 9)		
Instructors assessment mark (0 -10)		
L stance – knife hand strike to focus pads (alternating slow and fast)		
Rising, outer forearm block (walking stance – alternating slow and fast)		
Demonstrate balance skills (bending ready stance)		
45 degree kick on spot – 10 each leg (L stance – using instep)		
One-for-one 45 degree kick with partner (L stance – using instep)		
Front leg side kick on pads (L stance – stepping through)		
One-for-one any technique learnt to date		
Questions X 2 (score each answer out of 5)		
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Etiquette / presentation / attitude / discipline		9TH KUP YELLOW STRIPE
Attendance (poor=2) (fair=6) (good = 9)		
Instructors assessment mark (0 -10)		
Sitting stance – double punch		
Obverse punch on focus pads (alternating slow and fast in walking stance)		
One-for-one double punch with partner (walking stance)		
Middle outward, inner forearm block (L stance – with blocking poles, alternating slow and fast)		
Front kick (on pads)		
Axe kick in lines (walking stance)		
One-for-one axe kick with partner		
Press ups (children X 5, adults X 10)		
Questions X 2 (score each answer out of 5)		
Areas requiring attention are circled: etiquette / discipline / concentration / stances / focus / balance / correct striking tools / power / theory	Score	Result

Etiquette / presentation / attitude / discipline		8TH KUP YELLOW BELT
Attendance (poor=2) (fair=6) (good = 9)		
Instructors assessment mark (0 -10)		
Walking stance – high side back fist strike (on focus pads)		
Double punch on focus pads (walking stance)		
Low outward forearm block (walking stance – with blocking poles, alternating slow and fast)		
Front leg side kick on spot (any leg – from L stance)		
One-for-one front leg side kick with partner (L stance)		
Axe kick (walking stance – on pads)		
One-for-one any technique learnt to date		
Questions X 2 (score each answer out of 5)		
Areas requiring attention are circled: etiquette / discipline / concentration / stances / focus / balance / correct striking tools / power / theory	Score	Result

Etiquette / presentation / attitude / discipline		6TH KUP GREEN BELT
Attendance (poor=2) (fair=6) (good = 9)		
Instructors assessment mark (0 -10)		
Forearm guarding block (L stance)		
High palm strike on focus pads (alternating slow and fast – walking stance)		
One-for-one Knife hand strike with partner (L stance)		
Rear leg turning kick in lines – moving forward (L stance)		
One-for-one rear leg turning kick with partner (L stance)		
Three-for-three semi free sparring (L stance)		
Questions X 2 (score each answer out of 5)		
Areas requiring attention are circled: etiquette / discipline / concentration / stances / focus / balance / correct striking tools / power / theory	Score	Result

Etiquette / presentation / attitude / discipline		5TH KUP BLUE STRIPE	Result
Attendance (poor=2) (fair=6) (good = 9)			
Instructors assessment mark (0 -10)			
High back fist, then reverse punch on pads (alternating slow and fast – walking stance)			
One-for-one high back fist, then reverse punch			
Rear leg side kick in lines – moving forward (L stance)			
Rear leg side kick on pads (L stance)			
One-for-one left leg front kick – right leg axe kick both kicks off rear leg (L stance)			
Low outward palm block (L stance – with blocking poles, alternating slow and fast)			
Three-for-three semi free sparring (with blocks and dodges – any technique learnt to date)		5TH KUP BLUE STRIPE	Result
Questions X 2 (score each answer out of 5)			
Areas requiring attention are circled: etiquette / discipline / concentration / stances / focus / balance / correct striking tools / power / theory	Score		



Student photo



By signing this grading application, you are certifying that you are fit to partake in the grading exam and understand that there is an element of risk due to the nature of combat sports. In applying to enter this grading you are confirming that you accept this risk and you hold yourself solely responsible for any injury that may be sustained.

Student name (Please complete all light yellow boxes on both sides)

Signature: PARENT / GUARDIAN TO SIGN IF STUDENT UNDER 18 YEARS OF AGE

Attendance (poor=2) (fair=6) (good = 9)		2ND KUP RED BELT	Result
Middle inward palm heel block, then reverse high palm heel strike			
Demonstration of student's choice of hand techniques on focus pads (alternating slow and fast)			
Students choice of one step sparring			
One-for-one hooking kick off rear leg (L stance)			
Reverse turning kick on pads (L stance)			
Students demonstration of blocks against an opponent (three attacks and three effective blocks – with full safety equipment)			
Free sparring (with full safety equipment)			
Questions X 2 (score each answer out of 5)			
Areas requiring attention are circled: etiquette / discipline / concentration / stances / focus / balance / correct striking tools / power / theory	Score	2ND KUP RED BELT	Result

Attendance (poor=2) (fair=6) (good = 9)		4TH KUP BLUE BELT	Result
Instructors assessment mark (0 -10)			
Middle checking block – double outer forearm (sitting stance – with blocking poles, alternating slow and fast)			
High outward knife hand block (L stance – with blocking poles, alternating slow and fast)			
Middle back kick on pads (L stance)			
One-for-one middle back kick with partner (with blocks and dodges – any technique to date)			
Two-for-two any kick with partner (with blocks and dodges – any technique to date)			
One-for-one any hand attack with partner (with blocks and dodges – any technique to date)			
Free sparring (with full safety equipment)			
Questions X 2 (score each answer out of 5)		4TH KUP BLUE BELT	Result
Areas requiring attention are circled: etiquette / discipline / concentration / stances / focus / balance / correct striking tools / power / theory	Score		

Attendance (poor=2) (fair=6) (good = 9)		3RD KUP RED STRIPE	Result
Instructors assessment mark (0 -10)			
Middle X fist checking block (L stance)			
Front kick double punch (walking stance – moving forward in lines)			
Reverse knife hand strike on pads (walking stance – alternating slow and fast)			
Middle obverse hooking block (walking stance – with blocking poles, alternating slow and fast)			
Front leg hooking kick (L stance – in lines)			
One-for-one front leg hooking kick (L stance – with blocks and dodges)			
Free sparring (with full safety equipment)			
Questions X 2 (score each answer out of 5)		3RD KUP RED STRIPE	Result
Areas requiring attention are circled: etiquette / discipline / concentration / stances / focus / balance / correct striking tools / power / theory	Score		

Etiquette / presentation / attitude / discipline		1ST KUP, BLACK STRIPE	Result
Examiners choice of line work – hand techniques			
Examiners choice of line work – kicking techniques			
Demonstration of student's choice of hand techniques on focus pads (Demonstrating power and speed)			
Students choice of one step sparring			
Demonstration of student choice kicks on pads (Displaying focus, power and striking tool)			
One-for-one jumping kick with partner (no blocking)			
Free sparring (with full safety equipment)			
Questions			
Breaking: Students choice of technique, examiners choice of board. Juniors demonstrate on focus pads		1ST KUP, BLACK STRIPE	Result
Areas requiring attention are circled: etiquette / discipline / concentration / stances / focus / balance / correct striking tools / power / theory Examiners comments:	Score		