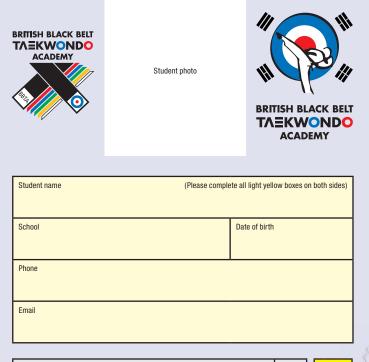
Etiquette / presentation / attitude / discipline		
Attendance (poor=2) (fair=6) (good = 9)		
Instructors assessment mark (0 -10)		
Single punch – sitting stance		⊢⊢
Reverse punch on focus pads (alternating slow and fast). Both arms in front of body guarding, walking stance)		E BEL
One-for-one reverse punch with partner (L stance)		OTH KUP WHITE BEI
High outer forearm block (walking stance – with blocking poles, slow and fast)		TH KUI
Front kick in liines (walking stance – 10 each leg – on the spot)		10
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

Etiquette / presentation / attitude / discipline		Γ	
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)			RIPE
One-for-one double punch with partner (walking stance)			9TH KUP YELLOW STRIPE
Middle outward, inner forearm block (L stance – with blocking poles, alternating slow and fast)			VELL
Front kick (on pads)			rh Kup
Axe kick in lines (walking stance)			6
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		
Attendance (poor=2) (fair=6) (good = 9)		
Instructors assessment mark (0 -10)		
Walking stance – high side back fist strike (on focus pads)		5
Double punch on focus pads (walking stance)		M BEI
Low outward forearm block (walking stance – with blocking poles, alternating slow and fast)		VELLO
Front leg side kick on spot (any leg – from L stance)		BTH KUP YELLOW BELT
One-for-one front leg side kick with partner (L stance)		81
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 Image: Comparison of the second o			
Instructors assessment mark (0 -10) Image: Control of the second sec	Etiquette / presentation / attitude / discipline		
L stance - knife hand strike to focus pads (alternating slow and fast) Image: Construct of Construction (Construction (Const	Attendance (poor=2) (fair=6) (good = 9)		
(atternating slow and fast) Image: Constraint of the second strate s	Instructors assessment mark (0 -10)		
(Listance - using instep) Image: Construct with particle (Listance - using instep) Image: Construct with particle Front leg side kick on pads Image: Construct with particle (Listance - stepping through) Image: Construct with particle One-for-one any technique learnt to date Image: Construct with particle Questions X 2 (score each answer out of 5) Image: Construct with particle Areas requiring attention are circled: etiquette / discipline / concentration / stances / focus / balance / correct striking tools / power / theory Etiquette / presentation / attitude / discipline Image: Construct with particle Attendance (poor=2) (fair=6) (good = 9) Image: Construct with particle Instructors assessment mark (0 -10) Image: Construct with partner Forearm guarding block Image: Construct with partner (Listance) Image: Construct with partner One-for-one Knife hand strike with partner Image: Construct with partner (Listance) Image: Construct with partner One-for-one rear leg turning kick with partner Image: Construct with partner (Listance) Image: Construct with partner One-for-one rear leg turning kick with partner Image: Construct with partner (Listance) Image:	L stance – knife hand strike to focus pads (alternating slow and fast)		w
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(L stance - stepping through) Image: Constant of the stant of t			117
Questions X 2 (score each answer out of 5) Image: Concentration are circled: Score Areas requiring attention are circled: etiquette / discipline / concentration / stances / focus / balance / correct striking tools / power / theory Score Result Etiquette / presentation / attitude / discipline Image: Concentration / attitude / discipline Image: Concentration / attitude / discipline Image: Concentration / attitude / discipline Attendance (poor=2) (fair=6) (good = 9) Image: Concentration / attitude / discipline Image: Concentration / attitude / discipline Image: Concentration / attitude / discipline Forearm guarding block Image: Concentration / attitude / discipline Image: Concentration / attitude / discipline Image: Concentration / attitude / discipline Forearm guarding block Image: Concentration / attitude / discipline Image: Concentration / attitude / discipline Image: Concentration / attitude / discipline High palm strike on focus pads Image: Concentration / attitude / discipline Image: Concentration / attitude / discipline Image: Concentration / attitude / discipline One-for-one Knife hand strike with partner Image: Concentration / attitude strike with partner <td< td=""><td></td><td></td><td></td></td<>			
Areas requiring attention are circled: Score Result etiquette / discipline / concentration / stances / focus / balance / correct striking tools / power / theory Image: Concentration / stances / focus / balance / correct striking tools / power / theory Etiquette / presentation / attitude / discipline Image: Concentration / stances / focus / balance / correct striking tools / power / theory Image: Concentration / stances / focus / balance / correct striking tools / power / theory Etiquette / presentation / attitude / discipline Image: Concentration / stance / concentraticon / concentration / stance / concentration / c	One-for-one any technique learnt to date		
Areas requiring attending	Questions X 2 (score each answer out of 5)		
Attendance (poor=2) (fair=6) (good = 9) Instructors assessment mark (0 -10) Instructors assessment mark (0 -10) Forearm guarding block (L stance) Instructors assessment mark (0 -10) High palm strike on focus pads (atternating 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) Dne-for-one rear leg turning kick with partner Instruction Three-for-three semi free sparring Instruction	etiquette / discipline / concentration / stances / focus /	Score	Result
Attendance (poor=2) (fair=6) (good = 9) Instructors assessment mark (0 -10) Instructors assessment mark (0 -10) Forearm guarding block (L stance) Instructors assessment mark (0 -10) High palm strike on focus pads (atternating 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) Dne-for-one rear leg turning kick with partner Instruction Three-for-three semi free sparring Instruction	All Maria		
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) One-for-one rear leg turning kick with partner (L stance) Three-for-three semi free sparring	Etiquette / presentation / attitude / discipline		
Forearm guarding block Image: Comparison of the system	Attendance (poor=2) (fair=6) (good = 9)		
(L stance) Image: Constraint of the space of the s	Instructors assessment mark (0 -10)		
(L stance) One-for-one rear leg turning kick with partner (L stance) Three-for-three semi free sparring			Li j
(L stance) One-for-one rear leg turning kick with partner (L stance) Three-for-three semi free sparring			B
(L stance) One-for-one rear leg turning kick with partner (L stance) Three-for-three semi free sparring			kup g f
(L stance) Three-for-three semi free sparring			бТН

Questions X 2 (score each answer out of 5)

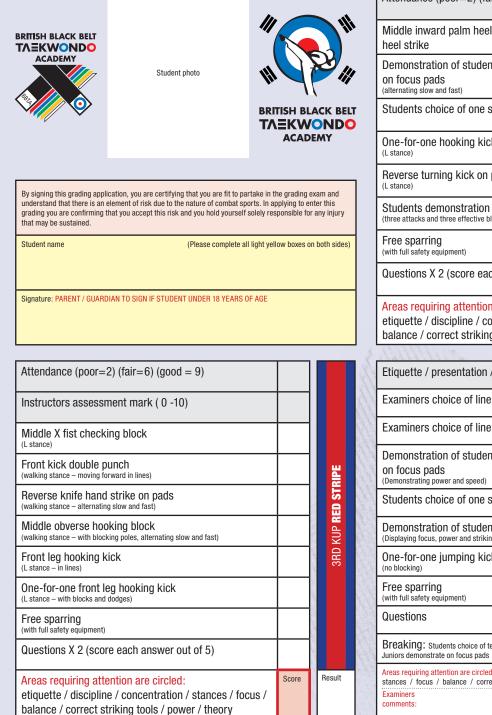
Areas requiring attention are circled: etiquette / discipline / concentration / stances / focus / balance / correct striking tools / power / theory

Result

Score

Etiquette / presentation / attitude / discipline		
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		RIPE
Rear leg side kick in lines – moving forward (L stance)		UE STI
Rear leg side kick on pads		5TH KUP BLUE STRIPE
One-for-one left leg front kick – right leg axe kick both kicks off rear leg (L stance)		5TH K
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)		
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

Attendance (poor=2) (fair=6) (good = 9)		
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)		BELT
Middle back kick on pads (L stance)		
One-for-one middle back kick with partner (with blocks and dodges – any technique to date)		TH KUP BLUE I
Two-for-two any kick with partner (with blocks and dodges – any technique to date)		4TH
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)		
Areas requiring attention are circled: etiquette / discipline / concentration / stances / focus / balance / correct striking tools / power / theory	Score	Result



Attendance (poor=2) (fair=6) (good = 9)		
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		D BELT
One-for-one hooking kick off rear leg (L stance)		IND KUP RED BEL
Reverse turning kick on pads (L stance)		2ND I
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	Result
Section 2.		
Etiquette / presentation / attitude / discipline		
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)		STRIPE
Students choice of one step sparring		ACK 9
Demonstration of student choice kicks on pads (Displaying focus, power and striking tool)		IST KUP, Black str ii
One-for-one jumping kick with partner (no blocking)		1ST H
Free sparring (with full safety equipment)		
Questions		
Breaking: Students choice of technique, examiners choice of board		

 Areas requiring attention are circled:
 etiquette / discipline / concentration / stances / focus / balance / correct striking tools / power / theory
 Score
 Result