

Grading application

1st KUP to 1st Dan Black Belt

Date of Grading

Name

Instructor

Age

Height

 CM

Weight

 KG

Gender

 M / F


Please state any medical condition that could affect your performance

I hereby submit this application for grading and certify that I am fit to take part

Signature

PARENT OR GUARDIAN IF UNDER 18

Free Sparring	10 rounds	spar appropriately for height, weight, age & gender etc	
1 step sparring	1 - 7		
Line work (including kicks)			
1 4 1 Kicks			
Choong - Moo			
Student Choice pattern			
Examiners choice pattern			
Breaking technique (hand or foot)	student chooses technique, examiner chooses board		
Theory & Terminology	1__ 2__ 3__ 4__ 5__	✓ (2 points each correct answer)	

Examiners comments - areas requiring attention are circled

Stances / focus / balance / correct striking tools /
etiquette / power / Theory / discipline /
concentration / Technique

TOTAL