

Etiquette / presentation / attitude / discipline		10TH KUP WHITE BELT
Attendance (poor=2) (fair=6) (good = 9)		
Instructors assessment mark (0 -10)		
Single punch – sitting stance		
Middle outer forearm block – walking stance (Adults stepping forward – children on the spot – both sides)		
Lower outer forearm block – walking stance (Adults stepping forward – children on the spot – both sides)		
Press ups (over 18 choice of palm or knuckle) (Children X 5 / Adult X 10)		
4 directional punching no 1		
4 directional punching no 2		
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)		
Hooking kick (off front leg) 1 for 1		
One step sparring no 2		
High wedging block – walking stance (Adults stepping backwards – children on the spot – both sides)		
Middle fingertip thrust – walking stance (Adults stepping forward – children on the spot – both sides)		
Semi free 1 for 1		
Do San – 24 movement pattern		
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		9TH KUP YELLOW STRIPE
Attendance (poor=2) (fair=6) (good = 9)		
Instructors assessment mark (0 -10)		
Double punch – sitting stance		
Middle inner forearm block (Adults stepping forward – children on the spot – both sides)		
Single punch – walking stance (stepping forward)		
1 for 1 Kicks (student choice)		
Turning kick (rear leg) 1 for 1		
Chon Ji – 19 movement pattern		
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)		
Side Kick (off front leg) 1 for 1		
One step sparring no 1		
Knife hand guarding block – L stance (Adults stepping forward – children on the spot – both sides)		
Twin forearm block – L stance (Adults stepping forward – children on the spot – both sides)		
Double punch – walking stance (stepping forward) (Children single punch)		
Dan Gun – 21 movement pattern		
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)		
Outward axe kick 1 for 1		
One step sparring no 3		
Side punch – fixed stance (Stepping forward)		
Circular block – walking stance (Adults stepping forward – children on the spot – both sides)		
Semi free 2 for 2 (hands and feet)		
Won Hyo – 28 movement pattern		
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
Attendance (poor=2) (fair=6) (good = 9)		
Instructors assessment mark (0 -10)		
Side kick (off back leg) 1 for 1		
One step sparring no 4		
High Double forearm block – Walking stance (Adults stepping forward – Children on the spot – both sides)		
Hooking Block – Walking Stance (Stepping backwards)		
Semi free – 3 for 3 (hands and feet)		
Yul Gok – 38 movement pattern		
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



BRITISH BLACK BELT
TAEKWONDO
ACADEMY

Student photo



BRITISH BLACK BELT
TAEKWONDO
ACADEMY

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
Free sparring With full safety gear		
Examiners choice of kicks on focus pads Demonstrating focus, power and striking tool		
One step sparring no 5 / 6 / 7		
One step sparring (students own)		
Examiners choice of line work		
Examiners choice of pattern		
Hwa Rang – 29 movement pattern		
Power test (on kick shield) (Over 18's student option to choose breaking board)		
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)		4TH KUP BLUE BELT
Instructors assessment mark (0 -10)		
Free sparring With full safety gear		
Back kick 1 for 1		
Examiners choice of kicks on focus pads Demonstrating focus, power and striking tool		
One step sparring no 4 / 5		
Line work (techniques from all patterns)		
Pattern (student choice – not Joong Gun)		
Joong Gun – 32 movement pattern		
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)		3RD KUP RED STRIPE
Instructors assessment mark (0 -10)		
Free sparring With full safety gear		
Reverse turning kick – on kick shields		
1 for 1 Kick demonstration NO safety gear to demonstrate correct foot positions (students own choice of varied techniques)		
Line work (techniques from all patterns)		
One step sparring no 4 / 5 / 6		
Toi Gye – 37 movement pattern		
Power test (on kick shield) (Over 18's student option to choose breaking board)		
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		1ST KUP, BLACK STRIPE
Examiners choice of line work		
Examiners choice of patterns		
Chong Moo – 30 movement pattern		
Students choice of hand technique on focus pads Demonstrating focus, power and striking tool		
Students choice of kicks on focus pads Demonstrating focus, power and striking tool		
Students choice of one step sparring		
Free sparring With full safety gear		
Questions		
Breaking: Students choice of technique, examiners choice of board. Juniors demonstrate on focus pads		
Areas requiring attention are circled: etiquette / discipline / concentration / stances / focus / balance / correct striking tools / power / theory Examiners comments:	Score	Result