

# Grading application 3<sup>rd</sup> to 4th 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	students own		
All 2nd Dan patterns			
Sam - Il			
Yoo - Sin			
Choi - Yong			
Examiners choice pattern x 2			
Hand break (including elbow)	student chooses technique, examiner chooses board		
Leg break	student chooses technique, examiner chooses board		
Theory & Terminology	1__ 2__ 3__ 4__ 5__	Each question is worth 2 points	

EXAMINERS COMMENTS

TOTAL