

10th Kup White Belt to 9th Kup Yellow Tag – Grading Date _____

Applicant Details: Name _____ **Date of birth** _____

I hereby submit this application to grade and state that I will accept the results as given by the grading panel. By submitting this application I confirm that I am fit to take the required examination and currently hold a valid licence and insurance.

Signed _____ (Parent/Guardian if under 16)

The above named is a member of Chung Yong Taekwondo, has trained for the required minimum of **3 months** and in that time completed the required minimum of **20 lessons**. The above named is recommended to grade by the following instructor:

Instructor _____ **Club** _____ **Examiner** _____

Basics Out of 25 marks (Average/Acceptable = 20 marks)	
<ul style="list-style-type: none"> Stances: Attention, Ready, Horse Riding, Walking, Back, Long High Block Middle Block Low Block Single Punch Double Punch Front Leg Raising Front Kick Half Turning Kick Turning Kick 	Out Of 25
Comments: <div style="text-align: right; margin-top: 10px;"> Good: Stance [], Balance [], Technique [], Accuracy [], Power [] Bad: Stance [], Balance [], Technique [], Accuracy [], Power [] </div>	
Patterns & Kiboms Out of 25 marks (Average/Acceptable = 20 marks)	
<ul style="list-style-type: none"> Kibom Sohn il 	Out Of 25
Comments <div style="text-align: right; margin-top: 10px;"> Good: Stance [], Balance [], Technique [], Accuracy [], Power [] Bad: Stance [], Balance [], Technique [], Accuracy [], Power [] </div>	
Sparring Out of 25 marks (Average/Acceptable = 20 marks)	
<ul style="list-style-type: none"> One for one kicking Free Sparring 	Out Of 25
Comments <div style="text-align: right; margin-top: 10px;"> Good: Stance [], Balance [], Technique [], Accuracy [], Power [] Bad: Stance [], Balance [], Technique [], Accuracy [], Power [] </div>	
Breaking & Theory Out of 25 marks (Average/Acceptable = 20 marks)	
<ul style="list-style-type: none"> Front Kick 	Out Of 25
Comments <div style="text-align: right; margin-top: 10px;"> Good: Stance [], Balance [], Technique [], Accuracy [], Power [] Bad: Stance [], Balance [], Technique [], Accuracy [], Power [] </div>	
Results	
FAIL (0 to 79 marks) / PASS (80 to 94 marks) / "A" PASS (95 to 100 marks)	Total