

4th Kup Blue Belt to 3rd Kup Red 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 **6 months** and in that time completed the required minimum of **60 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"> Scissor block As previous As previous (Strikes) Jumping Back Kick As previous 	Out Of 25
<p>Comments</p> <p style="text-align: right;">Good: Stance [], Balance [], Technique [], Accuracy [], Power [] Bad: Stance [], Balance [], Technique [], Accuracy [], Power []</p>	
Patterns & Kiboms Out of 25 marks (Average/Acceptable = 20 marks)	
<ul style="list-style-type: none"> Kibom Aree Sam Tae Geuk Yook Jang Pattern of choice 	Out Of 25
<p>Comments</p> <p style="text-align: right;">Good: Stance [], Balance [], Technique [], Accuracy [], Power [] Bad: Stance [], Balance [], Technique [], Accuracy [], Power []</p>	
Sparring Out of 25 marks (Average/Acceptable = 20 marks)	
<ul style="list-style-type: none"> One for one kicking One Step Sparring Free Sparring Self Defence 	Out Of 25
<p>Comments</p> <p style="text-align: right;">Good: Stance [], Balance [], Technique [], Accuracy [], Power [] Bad: Stance [], Balance [], Technique [], Accuracy [], Power []</p>	
Breaking & Theory Out of 25 marks (Average/Acceptable = 20 marks)	
<ul style="list-style-type: none"> Ridge hand Jumping kick of choice 	Out Of 25
<p>Comments</p> <p style="text-align: right;">Good: Stance [], Balance [], Technique [], Accuracy [], Power [] Bad: Stance [], Balance [], Technique [], Accuracy [], Power []</p>	
Results	
FAIL (0 to 79 marks) / PASS (80 to 94 marks) / "A" PASS (95 to 100 marks)	Total