

## 5<sup>th</sup> Kup Blue Tag to 4<sup>th</sup> Kup Blue Belt – 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** \_\_\_\_\_

<b>Basics</b> Out of 25 marks (Average/Acceptable = 20 marks)	
<ul style="list-style-type: none"> <li>Stances: Cross stance</li> <li>Left/Right stance</li>   <li>Blocking combination</li>   <li>Ridge hand</li>   <li>360° Inner crescent kick</li> <li>360° Outer crescent kick</li> <li>Jumping front kick</li> <li>Jumping turning kick</li> </ul>	Out Of 25
<p>Comments</p> <p style="text-align: right;">Good: Stance [ ], Balance [ ], Technique [ ], Accuracy [ ], Power [ ] Bad: Stance [ ], Balance [ ], Technique [ ], Accuracy [ ], Power [ ]</p>	
<b>Patterns &amp; Kiboms</b> Out of 25 marks (Average/Acceptable = 20 marks)	
<ul style="list-style-type: none"> <li>Kibom Sohn Sam</li> <li>Tae Geuk Oh Jang</li> <li>Any 2 previous patterns</li> </ul>	Out Of 25
<p>Comments</p> <p style="text-align: right;">Good: Stance [ ], Balance [ ], Technique [ ], Accuracy [ ], Power [ ] Bad: Stance [ ], Balance [ ], Technique [ ], Accuracy [ ], Power [ ]</p>	
<b>Sparring</b> Out of 25 marks (Average/Acceptable = 20 marks)	
<ul style="list-style-type: none"> <li>One for one kicking (Including jumping kicks)</li> <li>Free Sparring</li> </ul>	Out Of 25
<p>Comments</p> <p style="text-align: right;">Good: Stance [ ], Balance [ ], Technique [ ], Accuracy [ ], Power [ ] Bad: Stance [ ], Balance [ ], Technique [ ], Accuracy [ ], Power [ ]</p>	
<b>Breaking &amp; Theory</b> Out of 25 marks (Average/Acceptable = 20 marks)	
<ul style="list-style-type: none"> <li>Jumping front Kick</li> <li>Reverse hook kick</li> <li>Front punch</li> </ul>	Out Of 25
<p>Comments</p> <p style="text-align: right;">Good: Stance [ ], Balance [ ], Technique [ ], Accuracy [ ], Power [ ] Bad: Stance [ ], Balance [ ], Technique [ ], Accuracy [ ], Power [ ]</p>	
<b>Results</b>	
<b>FAIL (0 to 79 marks) / PASS (80 to 94 marks) / "A" PASS (95 to 100 marks)</b>	<b>Total</b>