

## 8<sup>th</sup> Kup Yellow Belt to 7<sup>th</sup> Kup Green 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** \_\_\_\_\_

<b>Basics</b> Out of 25 marks (Average/Acceptable = 20 marks)	
<ul style="list-style-type: none"> <li>Stances: Attention, Ready, Horse Riding, Walking, Back, Long</li> <li>Cross low</li> <li>Cross High</li> <li>Twin Knife Hand Middle</li> <li>Twin Knife Hand Low</li> <li>Spear finger thrust</li> <li>Back fist strike to front</li> <li>Back Kick</li> <li>Skipping Half 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 Ee</li> <li>Tae Geuk il Jang</li> <li>Tae Geuk Ee Jang</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</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>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>Results</b>	
<b>FAIL (0 to 79 marks) / PASS (80 to 94 marks) / "A" PASS (95 to 100 marks)</b>	<b>Total</b>