


Name of Future Black Belt

Target Belt



Previous Grading Result:
 Date of Grading:
 Result:
 BTC Licence No: Expires:



Skill Areas for Belt Grading	E	P	CP	Note No	Skill Area	Rating	Note
Attention, Bow, Name Check, 5 press ups, 5 squats, Leg rising exercise					Posture		
Front kicks together with kiap then kicks to a target					Co-ordination		
Side Kicks to target					Power		
Turning Kicks to target					Balance		
Rising block					Speed		
Middle block					Precision		
Low block					Flexibility		
Backfist to a target					Friendship		
Self Defence Headlock					Attitude		
Self Defence throat grab					Respect		
Self defence : single wrist grab					Confidence in name check		
Knowledge—questions							

Grading Form & Grading Fee received

Belt Awarded

Certificate Awarded

Examiner's Signature

Strengths & Development Area