

Name of Future Black Belt

**Target Belt: 5thKup**  


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



Skill Areas for Belt Grading	E	P	C	Note No	Skill Area	Rating	Note
Attention, Bow, 20 press ups, 20 squats, 20 sit ups				Gold ribbon1	Kicks		
Previous belt: All techniques and Combos & Kicks				Gold ribbon1	Sine Wave		
Combo: L Stance Twin forearm block, inwards knifehand strike, fixed stance side punch				Gold ribbon1	Breath Control		
Bending ready stance , side kick				Gold ribbon1	Balance		
Circular block				Gold ribbon1	Speed		
Reverse turning Kick , line work , targets & breaking				Gold ribbon2	Precision		
Hook Kick, Step through hook kick and Hook Kick—turning kick combination				Gold ribbon1	Flexibility		
Patterns previous patterns				Gold ribbon1			
New Pattern Won Hyo				Gold ribbon3	Attendance		
3 Step sparring -sequences 1,2, 3 and 4 from earlier belts plus create own 3 step sparring sequence				Gold ribbon2	Attitude		
2 Step Sparring: separate handout				Gold ribbon2	Respect		
Free Sparring: demonstrating front & back leg kicks				Gold ribbon3			
Self defence : Double lapel grab				Gold ribbon3	Confidence		
Knowledge—questions from the list plus previous				Gold ribbon3			

Grading Form & Grading Fee received

Belt Awarded

Certificate Awarded

Examiner's Signature

**Strengths & Development Area**