


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	CP	Note	Skill Area	Rating
Attention, Bow, 20 press ups, 20 squats, 20 sit ups				Gold ribbon1	Kicks	
Previous belt: All techniques and Combos & Kicks				Gold ribbon1	Sine Wave	
Fundamental Moves: Double forearm block, palm hooking block, jumping forwards x- stance , backfist side strike, front elbow strike.				Gold ribbon1	Breath Control	
combinations: front leg turning kick reverse side kick				Gold ribbon1	Balance	
Step through kicks, side, turning, hook & double kicks				Gold ribbon3	Speed	
Power test, front elbow strike target/ adults breaking				Gold ribbon2	Precision	
Patterns previous patterns				Gold ribbon1	Flexibility	
New Pattern: Yul Gok				Gold ribbon3		
3 Step sparring -sequences 1,2, 3 and 4 from earlier belts plus create own 3 step sparring sequence				Gold ribbon2	Attendance	
2 Step Sparring: separate handout, sequences 1-4				Gold ribbon2	Attitude	
3 step semi free Sparring				Gold ribbon2	Respect	
Free Sparring: demonstrating blocking skill, countering				Gold ribbon3		
Self defence : : Downwards strike				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