


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, 15 press ups, 15 squats, 15 sit ups				Gold ribbon1	Kicks		
Previous belt: All techniques, patterns, Combos & Kicks				Gold ribbon1	Sine Wave		
Combos: walking stance high outer forearm block , reverse punch				Gold ribbon1	Breath Control		
Combos: turning kick, L stance knife hand strike				Gold ribbon1	Balance		
Back fist side strike				Gold ribbon1	Speed		
Straight finger tip thrust				Gold ribbon1	Precision		
Combo: turning kick , reverse side kick land guard				Gold ribbon1	Flexibility		
Reverse side kick ,targets & breaking				Gold ribbon2			
Do San pattern				Gold ribbon3	Attendance		
3 Step sparring -sequences 1,2, and 3 from earlier belts				Gold ribbon2	Attitude		
3 Step sparring— No.4 attacker: high section punch. Defender: right leg back walking stance high outer forearm block, counter: high reverse punch				Gold ribbon2	Respect		
Self defence : single 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