

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					L Stance		
Leg rising exercise					Sine Wave		
Sitting Stance double					Breath Control		
Previous belt: All techniques and Combos & Kicks					Balance		
Combos: low block, rising block,, reverse punch					Speed		
Combos:turning kick, knife hand strike landing in L stance					Precision		
L stance twin forearm block					Flexibility		
Turning Kick , line work and break boards							
Patterns previous patterns and Dan Gun					Attendance		
3 Step sparring -sequences 1 and 2 from earlier belts					Attitude		
3 Step Sparring: No 3 Attack , front kick, Defender, right leg back low outer forearm block, reverse punch					Respect		
Self defence : double wrist grab from behind					Confidence		
Knowledge—questions from the list plus previous							

Grading Form & Grading Fee received

Belt Awarded

Certificate Awarded

Examiner's Signature

Strengths & Development Area