

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, 10 press ups, 10 squats, 10 sit ups					L Stance		
Leg rising exercise					Sine Wave		
Sitting Stance double					Breath Control		
Previous belt: All techniques & 4 directional punch					Balance		
Combos: walking stance middle block , reverse punch					Speed		
Combos: Front kick, obverse punch, reverse punch					Precision		
L stance , middle block					Flexibility		
Hook kicks							
Reverse Side Kick , line work and break boards					Attendance		
Pattern Chon-Ji					Attitude		
3 step sparring; No 2 attack : walking S, mid obverse punch. Defender: L stance, left leg back, middle block, counter with knifehand strike					Respect		
Self defence : double wrist grab and Throat grab					Confidence		
Knowledge—questions from the list plus previous							

Grading Form & Grading Fee received

Belt Awarded

Certificate Awarded

Examiner's Signature

Strengths & Development Area