


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, 25 press ups, 25 squats, 25 sit ups				Gold ribbon1	Kicks	
Previous belt: All techniques and Combos & Kicks				Gold ribbon1	Sine Wave	
Fundamental Moves: reverse knifehand block, upwards palm block, upwards elbow strike, twin vertical punch. Twin upset punch, x fist rising block, u shaped block, downwards palm block,				Gold ribbon1	Breath Control	
Kicking: Flying Side kick, jumping turning kicks				Gold ribbon1	Balance	
Spinning Hook kick				Gold ribbon1	Speed	
Power—1 minute full contact kicks to Kick shield/ target				Gold Ribbon3	Precision	
Patterns previous patterns				Gold ribbon1	Flexibility	
New Pattern: Joong-Gun				Gold Ribbon3		
3 Step sparring - own 3 step sparring sequence				Gold ribbon2	Attendance	
2 Step Sparring: separate handout, sequences 1-4				Gold ribbon2	Attitude	
One Step Sparring— Basic, mid section obverse punch attacks only				Gold ribbon2	Respect	
Free Sparring:				Gold Ribbon3		
Self defence: choke from Behind				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