

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					Walking Stance		
Leg rising exercise					Sine Wave		
Sitting stance single punch, Sitting Stance double					Breath Control		
Previous belt: All technique and Patterns					Balance		
Rising Block					Speed		
Middle inner forearm block, walking stance					Precision		
Low knifehand block					Flexibility		
Turning kick, including Kick Shield							
Side kick, including board break					Attendance		
4 directional Block and 4 directional punch					Attitude		
3 step sparring; No1 attack : walking S, mid obverse punch. Defender: WS right leg back, middle block, reverse punch					Respect		
Self defence : single wrist grab					Confidence		
Knowledge—questions from the list plus previous							

Grading Form & Grading Fee received

Belt Awarded

Certificate Awarded

Examiner's Signature

Strengths & Development Area