


Name of Future Black Belt

**Target—2nd Kup**  


Previous Grading Result:  
 Date of Grading:  
 Result:  
 BTC Licence No: Expires:



Skill Areas for Belt Grading	E	P	C	Note	Skill Area	Rating
Attention, Bow, 30 press ups, 30 squats, 30 sit ups				Gold ribbon1	Kicks	
Previous belt: All techniques and Combos & Kicks				Gold ribbon1	Sine Wave	
New Fundamental Moves: upset fingertip thrust, rear backfist, x fist pressing block, twin vertical punch, x fist rising block, downwards palm block, w shape block, knee kick, high flat fingertip thrust, low knifehand guarding blk				Gold ribbon1	Breath Control	
Kicking: 360 turning kick, combination kicks				Gold ribbon1	Balance	
Jump spinning hook kick				Gold ribbon1	Speed	
Power; breaking side kick, turning, reverse turn, knife h				Gold ribbon2	Precision	
Patterns previous patterns				Gold ribbon1	Flexibility	
New Pattern: Toi -Gye				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— Advanced				Gold ribbon2	Respect	
Free Sparring:				Gold ribbon2		
Self defence:				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**