

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, Name Check, 5 press ups, 5 squats, Leg rising exercise					Posture		
Parallel stance single punches and sitting stance single punches					Co-ordination		
Front kicks moving forwards					Power		
Low section outer forearm block in walking stance, forwards and backwards					Balance		
Inwards and Outward Axe kick in Fighting Stance					Speed		
Obverse front punch in walking stance, forwards and backwards					Precision		
Inwards and outwards Crescent kicks					Flexibility		
Self Defence: single wrist grab					Friendship		
Self Defence : double wrist grab					Attitude		
Self Defence : throat grab					Respect		
Self defence : Headlock, hair grab.					Confidence in name check		
Knowledge—questions							

Grading Form & Grading Fee received

Belt Awarded

Certificate Awarded

Examiner's Signature

Development Area **Strengths &**