


Name of Future Black Belt

**Target—1st Kup**  


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, 40 press ups, 40 squats, 40 sit ups				Gold ribbon1	Kicks	
Previous belt: All techniques and Combos & Kicks				Gold ribbon1	Sine Wave	
New Fundamental Moves: palm block, upset punch, side fist, L stance obverse punch, rear elbow thrust,				Gold ribbon1	Breath Control	
Kicking: leg sweep, jumping kicks front, turning				Gold ribbon1	Balance	
Jumping 360 back kick				Gold ribbon1	Speed	
Power; breaking side kick, turning, reverse turn, knife h Palm heel, elbow				Gold ribbon2	Precision	
Patterns previous patterns				Gold ribbon1	Flexibility	
New Pattern: Hwa Rang Tul				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, Model Sparring				Gold ribbon2	Respect	
Free Sparring: 2 v 1				Gold ribbon2		
Self defence: knife attack thrust				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**