## 3rd Kup Red Tag to 2nd Kup Red Belt – Grading Date_____

**Applicant Details: Name**_____ **Date of birth**_____

I hereby submit this application to grade and state that I will accept the results as given by the grading panel. By submitting this application I confirm that I am fit to take the required examination and currently hold a valid licence and insurance.

**Signed**_____(Parent/Guardian if under 16)

The above named is a member of Chung Yong Taekwondo, has trained for the required minimum of **6 months** and in that time completed the required minimum of **70 lessons**. The above named is recommended to grade by the following instructor:

**Instructor**_____ **Club**_____ **Examiner**_____

| **Basics** Out of 25 marks (Average/Acceptable = 20 marks) | |
|---|---|
| • As previous (Blocks)<br>• As previous (Strikes)<br>• Jumping reverse hook kick<br>• As previous | Out Of 25 |
| Comments<br><br>Good: Stance [ ], Balance [ ], Technique [ ], Accuracy [ ], Power [ ]<br>Bad: Stance [ ], Balance [ ], Technique [ ], Accuracy [ ], Power [ ] | |
| **Patterns & Kiboms** Out of 25 marks (Average/Acceptable = 20 marks) | |
| • Tae Geuk Chil Jang<br>• All previous patterns | Out Of 25 |
| Comments<br><br>Good: Stance [ ], Balance [ ], Technique [ ], Accuracy [ ], Power [ ]<br>Bad: Stance [ ], Balance [ ], Technique [ ], Accuracy [ ], Power [ ] | |
| **Sparring** Out of 25 marks (Average/Acceptable = 20 marks) | |
| • One for one kicking<br>• One Step Sparring<br>• Free Sparring<br>• Self Defence | Out Of 25 |
| Comments<br><br>Good: Stance [ ], Balance [ ], Technique [ ], Accuracy [ ], Power [ ]<br>Bad: Stance [ ], Balance [ ], Technique [ ], Accuracy [ ], Power [ ] | |
| **Breaking & Theory** Out of 25 marks (Average/Acceptable = 20 marks) | |
| • Combination of breaks<br>• Downward Punch/Palm heel to tiles | Out Of 25 |
| Comments<br><br>Good: Stance [ ], Balance [ ], Technique [ ], Accuracy [ ], Power [ ]<br>Bad: Stance [ ], Balance [ ], Technique [ ], Accuracy [ ], Power [ ] | |
| **Results** | |
| **FAIL (0 to 79 marks) / PASS (80 to 94 marks) / "A" PASS (95 to 100 marks)** | **Total** |