



GRADING EXAMINATION

Completed grading form, grading book (yellow belt & higher) and grading fee must be handed to your instructor before the scheduled grading day.

Yellow Belt \$45 Blue Belt \$55 Red Belt \$75 Cho Dan Bo \$85 1st dan \$350

Student Name:- _____

Date of Birth:- ____/____/____ **Contact Phone:-** _____

Grading Level Being Examined:- ____ gup or ____ dan

Criteria	Comments	Result
Push ups & Sit ups		
Hand techniques		
Kicking techniques		
Poomse		
Self defence		
Knife defence/ Short stick		
Step combinations		
Breaking		
Sparring		
Terminology		
Other comments		

Percentage required: _____

Percentage received: _____ Instructor: _____ Date: ____/____/____