



HUNG SAO DO

GRADING APPLICATION FORM

6TH GRADE – GREEN BELT

**This application form will not be accepted
unless completed using BLOCK CAPITAL LETTERS**

PHOTOGRAPH
(COMPULSORY)

Please ensure
photograph is clear
and a good likeness

FULL NAME: _____

AGE: _____ TELEPHONE: _____

CLUB ATTENDED: _____

MEMBERSHIP No: **A** _____ EXPIRY DATE: _____

INSURANCE No: _____

Syllabus: Static; Stepping Forwards and Backwards; Slipping Forwards and Backwards:

- Back Fist
- Crescent Kick
- Vertical Punch
- Jumping Crescent Kick
- Downwards Palm Block with Reverse
- Side Kick

Sequence:

- Side Kick, Turning Kick
- Jumping Back and Forwards Back Fist
- Vertical Punch, Jumping Crescent Kick
- Downwards Palm Block with Reverse, Vertical Punch
- Double Punch, Stepping Forwards Back Fist, Spinning Back Fist
- Crescent Kick, Turning Kick Same Leg

- Imaginary Free Sparring
- One, Two and Three Step Sparring
- Light Contact Sparring (Equipment is compulsory)
- A sequence of 10 movements (using only the above techniques and those from previous gradings).

Breaking (Only for students aged 18 years and over):

- Side Kick – One Board

I hereby submit this application for grading and state that I will accept the result of the examiner's board. I hold myself solely responsible for any injury that I may sustain during the course of the examination. I certify that the facts stated above are correct and that I am fit to take the requested grading.










Signature: _____ (Parent/Guardian to sign for minors) Date: _____

FOR OFFICIAL USE ONLY

INSTRUCTORS COMMENTS: _____

DATE OF LAST GRADING: _____

RESULT: DP / A.Pass / Above Average / Average / P. Pass / Fail (please circle as appropriate)

BASICS		COMBINATIONS				HANDS		LEGS		FORM	SPEED	POWER
						LEFT	RIGHT	LEFT	RIGHT		%	%
 O J X		 O J X				O P B L H DF	O P B L H DF	J   ✓ 	J   ✓ 			
SPARRING		DESTRUCTION				REMARKS	%		GRADE	RESULT		
		LEFT		RIGHT								
NON CONTACT	%	L	H	L	H		40 FAIL 41 P.PASS 42 AVERAGE 43 ABOVE AVERAGE 44 A.PASS 45 DP					
CONTACT												

EXAMINER: _____

DATE: _____