



HUNG SAO DO

GRADING APPLICATION FORM

1ST GRADE – BLACK TAG

**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:

- Soft and Hard Blocks
- Spinning Axe Kick
- Duck In, Duck Out
- Jumping Spinning Back Kick
- Jumping Spinning Turning Kick
- Jumping Hooking Kick
- Jumping Backwards Scissor Action Front Kick

Sequence:

- All techniques from 8th to 1st Grade. The student must show control, strength, speed, power and discipline whilst executing the techniques.

- Imaginary Free Sparring
- One, Two and Three Step Sparring
- Light Contact Sparring (Equipment is compulsory)
- A sequence of 28 movements
- Staff - 18 movements
- Light Continuous Sparring

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

- | | | | | | |
|------------------|-------|------|-----------------------------|-------|------|
| | Board | Wood | | Board | Wood |
| • Ridge Hand | 1 | 2 | • Side Kick Static L/R Foot | 2 | 3 |
| • Punch L/R Hand | 1 | 2 | • Jumping Back Kick | 1 | 2 |
| | | | • Jumping Front Kick | 1 | 2 |

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							
CONTACT												
