| HUNG SAO OO AREESTYLE | | HUNG SAO DO GRADING APPLICATION FORM 4 TH GRADE – BLUE BELT This application form will not be accepted less completed using BLOCK CAPITAL LETTERS | | | | | PHOTOGRAPH (COMPULSORY) | | |
|--|--|--|--------------------------|--|------------------------------|---------------------------------|---------------------------------------|------------|--|
| FULL NAME: AGE: CLUB ATTENDED: MEMBERSHIP No: INSURANCE No: | A | | PHONE: RY DATE: | | | | Please er photograph and a good | is clear | |
| Syllabus: Static; St • Palm Strike • Ridge Hand • Finger Strike | epping Forwards and I | Elbo | ow Strike ping Turnin | | d Backwards | • Reverse Hooki | ng Kick | | |
| Inwards Palm B Axe Kick, Ridge Turning Kick as Reverse Hookin | Hand Sweep, Reverse Hool g Kick, Turning Kick, S | king Kick | rning Kick | Side Side Upv Dov | vards Elbow vnwards Elb | ke ke with Reverse Strike | se | | |
| Light Contact Space | Sparring Three Step Sparring parring (Equipment is 4 movements (using o | | | - | nt Continuou se from prev | | | | |
| Breaking (Only for • Side Kick – One • Knife Hand – One | | s and over) | : | • Ba | ck Kick (Left | & Right Legs) – One | Board | | |
| solely responsible | is application for gr for any injury that and that I am fit to ta | I may sus | tain during | the cour | | | | | |
| Signature: | | | (Parent/G | uardian to | sign for m | inors) Da | te: | | |
| | | F | OR OFFIC | IAL USE | ONLY | | | | |
| INSTRUCTORS CO | MMENTS: | | | | | | | | |
| DATE OF LAST GR RESULT: DP/A.Pa | ADING: | | | | rcle as appr | | | | |
| BASICS | COMBINATIONS | HA LEFT | NDS RIGHT | LEFT | EGS RIGHT | FORM | SPEED % | POWER % | |
| ~~d | ~~1 | O P | 0 P | J | J | | | | |

| ~~l | | ~~ | | | | 0 | 0 | J | J | | |
|----------------|---|---------------------------|---|---------|---|----|----|------------|--------|--|-----------|
| 0 | | 0 | | | | Р | Р | ш | ш | | |
| J | | J | | | | В | В | - | L | | |
| Х | | х | | | | L | L | ~ | ~ | | |
| | | | | | | Н | н | | | | |
| | | | | | | DF | DF | | | | |
| SPARRING | | DESTRUCTION LEFT RIGHT | | REMARKS | | % | | GRADE | RESULT | | |
| | % | L | H | L | Н | | | 40 FAIL | | | NG SAO |
| NON CONTACT | | | | | | | | 41 P.PASS | | | HOLAN COO |
| | | | | | | | | 42 AVERAG | E | | |
| | | | | | | | | 43 ABOVE A | VERAGE | | |
| CONTACT | | | | | | | | 44 A.PASS | | | TARATE |
| | | | | | | | | 45 DP | | | |