



# HUNG SAO DO

## GRADING APPLICATION FORM

### 5<sup>TH</sup> GRADE – BLUE 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:

- Shifting Side Kick
- Side Forearm Block
- Back Kick
- Knife Hand
- Hooking Kick
- Sweeping with Back Hand, moving Forwards, Back Fist Downwards

Sequence:

- Back Fist, Shifting Side Kick
- Side Forearm Block, Knife Hand, Back Kick
- Back Kick, Shifting Side Kick
- Downwards Palm Block with Reverse, Vertical Punch, Hooking Kick
- Knife Hand, Back Kick
- Side Forearm Block, Back Fist, Hooking Kick
- Shifting Side Kick Back Leg

- Imaginary Free Sparring
- One, Two and Three Step Sparring
- Light Contact Sparring (Equipment is compulsory)
- A sequence of 14 movements (using only the above techniques and those from previous gradings)

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










- Side Kick – One Board
- Back Kick – One Board
- Knife Hand – 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: \_\_\_\_\_

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								
CONTACT						45 DP						

EXAMINER: \_\_\_\_\_ DATE: \_\_\_\_\_