



HUNG SAO DO

GRADING APPLICATION FORM

2ND GRADE – RED 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:

- Hand Evasion Block
- Elbow and Knee Block
- Side Forearm Block with Reverse
- Knee Strike
- Rotation Block
- Jumping Side Kick
- Jumping Back Kick

Sequence:

- Hand Evasion Block, Reverse Punch
- Hand Evasion Block, Ridge Hand
- Elbow and Knee Block, Front Jab
- Elbow and Knee Block, Front Kick
- Elbow and Knee Block, Reverse Punch
- Double Punch, Knee Strike
- Outward Palm Block, Grab, Knee Strike
- Rotation Block, Reverse Punch
- Rotation Block, Back Fist
- Side Forearm Block with Reverse, Reverse Hooking Kick as Sweep
- Shifting Side Kick Back Leg, with Blocking Motion
- Side Kick with Blocking Motion

- Imaginary Free Sparring
- One, Two and Three Step Sparring
- Light Contact Sparring (Equipment is compulsory)
- A sequence of 20 movements (using only the above techniques and those from previous gradings).
- Light Continuous Sparring

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










- Side Kick – Two Boards
- Punch – One Board
- Back Kick (Left & Right Legs) – Two Boards

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 45 DP				
CONTACT												

EXAMINER: _____

DATE: _____