



HUNG SAO DO

GRADING APPLICATION FORM

8TH GRADE – YELLOW 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:

- | | |
|---|--|
| <ul style="list-style-type: none"> Fighting Stance with Correct Balance Downwards Palm Block Inwards Palm Block Outwards Palm Block | <ul style="list-style-type: none"> Jab Double Punch Front Kick Scissor Action Front Kick |
|---|--|

Sequence:

- | | |
|--|--|
| <ul style="list-style-type: none"> Static Downwards Palm Block with Reverse Punch Static Inwards Palm Block with Reverse Punch Static Outwards Palm Block with Reverse Punch Slipping (Forwards or Backwards), of all of the above | <ul style="list-style-type: none"> Front Kick Static Front Kick Forwards Front Kick Backwards Static Scissor Action Front Kick |
|--|--|

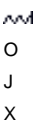
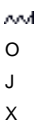





- Imaginary Free Sparring
- One Step Sparring
- A sequence of 6 movements (using only the above techniques)

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 P B L H DF	O P B L H DF	J   ✓	J   ✓			
		REMARKS		%		GRADE	RESULT	
				40 FAIL 41 P.PASS 42 AVERAGE 43 ABOVE AVERAGE 44 A.PASS 45 DP				

EXAMINER: _____ DATE: _____