



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:

- Fighting Stance with Correct Balance
- Jab
- Downwards Palm Block
- Double Punch
- Inwards Palm Block
- Front Kick
- Outwards Palm Block
- Scissor Action Front Kick

Sequence:

- Static Downwards Palm Block with Reverse Punch
- Front Kick Static
- Static Inwards Palm Block with Reverse Punch
- Front Kick Forwards
- Static Outwards Palm Block with Reverse Punch
- Front Kick Backwards
- Slipping (Forwards or Backwards), of all of the above
- 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: _____

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 			
		REMARKS		%		GRADE	RESULT	
				40 FAIL 41 P.PASS 42 AVERAGE 43 ABOVE AVERAGE 44 A.PASS 45 DP				

EXAMINER: _____

DATE: _____