



# HUNG SAO DO

## GRADING APPLICATION FORM

### 4<sup>TH</sup> GRADE – BLUE 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:

- Palm Strike
- Elbow Strike
- Reverse Hooking Kick
- Ridge Hand
- Jumping Turning Kick
- Axe Kicks
- Finger Strike

Sequence:

- Palm Strike, Front Kick, Reverse Hooking Kick
- Front Elbow Strike
- Inwards Palm Block, Ridge Hand
- Side Elbow Strike
- Axe Kick, Ridge Hand
- Side Elbow Strike with Reverse
- Turning Kick as Sweep, Reverse Hooking Kick
- Upwards Elbow Strike
- Reverse Hooking Kick, Turning Kick, Jumping Turning Kick
- Downwards Elbow Strike
- Downwards Elbow Strike with Reverse

- Imaginary Free Sparring
- Light Continuous 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 (Left & Right Legs) – 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 45 DP					
CONTACT												

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