



# HUNG SAO DO

## GRADING APPLICATION FORM

### 7<sup>TH</sup> GRADE – GREEN 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:

- Turning Punch
- Turning Kick
- Hooking Punch
- Scissor Action Block Sideways
- Upper Cut

Sequence:

- Scissor Action Block Sideways, Turning Kick
- Turning Punch, Upper Cut
- Upper Cut, Front Kick
- Inwards Palm Block, Hooking Punch

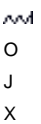
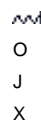







- Imaginary Free Sparring
- One and Two Step Sparring
- A sequence of 10 movements (using only the above techniques and those from previous gradings)

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

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