



HUNG SAO DO

GRADING APPLICATION FORM

3RD GRADE – RED 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; Slipping Forwards and Backwards:

- | | |
|---|---|
| <ul style="list-style-type: none"> Grab, Punch Scissor Action Block Upwards Duck, Elbow and Shoulder Block Hooking Punch (Vertical) | <ul style="list-style-type: none"> Spinning Kick Twist Turning Kick Front Forearm Block Reverse Crescent Kick |
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Sequence:

- | | |
|--|---|
| <ul style="list-style-type: none"> Outwards Palm Block, Grab, Reverse Punch Scissor Action Block Upwards, Knife Hand, Turning Kick as Sweep Duck, Elbow and Shoulder Block, Upper Cut | <ul style="list-style-type: none"> Turning Kick, Spinning Kick Twisting Turning Kick, Reverse Hooking Kick Twisting Turning Kick, Reverse Crescent Kick Jab, Vertical Hooking Punch |
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- | | |
|---|---|
| <ul style="list-style-type: none"> Imaginary Free Sparring One, Two and Three Step Sparring Light Contact Sparring (Equipment is compulsory) A sequence of 16 movements (using only the above techniques and those from previous gradings). | <ul style="list-style-type: none"> Light Continuous Sparring |
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Breaking (Only for students aged 18 years and over):










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| <ul style="list-style-type: none"> Side Kick – One Board Punch – One Board | <ul style="list-style-type: none"> Back Kick (Left & Right Legs) – One Board |
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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: _____