



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:

- Grab, Punch
- Scissor Action Block Upwards
- Duck, Elbow and Shoulder Block
- Hooking Punch (Vertical)
- Spinning Kick
- Twist Turning Kick
- Front Forearm Block
- Reverse Crescent Kick

Sequence:

- Outwards Palm Block, Grab, Reverse Punch
- Scissor Action Block Upwards, Knife Hand, Turning Kick as Sweep
- Duck, Elbow and Shoulder Block, Upper Cut
- Turning Kick, Spinning Kick
- Twisting Turning Kick, Reverse Hooking Kick
- Twisting Turning Kick, Reverse Crescent Kick
- Jab, Vertical Hooking Punch

- 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).
- Light Continuous Sparring

Breaking (Only for students aged 18 years and over):

- Side Kick – One Board
- Punch – One Board
- Back Kick (Left & Right Legs) – 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: _____

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 ✓ 			
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												