



THE KWON DO

Korean Martial Art

www.crowntaekwondo.co.uk



Grading Form

Must be handed in two weeks before the grading with grading fee
(Cash or cheque made payable to 'CTF')

Part A

Official
use only

Membership No. Instructor
Grading Date Tag YES/NO
Notes

Part B

Please print
clearly

Mr/Mrs/Miss Forename Surname
Address
Date of Birth Age Present Grade (GUP)
Telephone No. Mobile No.
Email Occupation
Emergency Contact Emergency Contact No.
Relevant Medical Details

- All applicants must be in proper uniform i.e., clean training suit with a belt and badge.
- Any outstanding Membership fees must be paid prior to the grading.

Part C

Please collect the signature from your Instructor and Chief Instructor to show you have their permission to grade.

Instructor Chief Instructor

Part D

Declaration

I,

The undersigned hereby apply to be graded by the Examiners of CROWN TAEKWONDO FEDERATION, and if excepted, I shall agree to abide by the rules of such grading. I agree that I shall be responsible for and shall release and indemnify the club and its servants/agents from and against all liabilities for personal injury, loss of or damage to property, and any other damages, costs, claims or expenses however caused or incurred, whether by act or negligence of the club, its servants/agents or not. The club, CTF, ask parental permission, for photos/video being taken at gradings/training days to be included in the club website, news letters or any other promotional material.

Signature of Applicant/Parent/Guardian

(Parent/Guardian to sign if applicant is under 18 years)

Print Name

Signed

Date

DVD's of the grading will be available at £8 each. To place an order, indicate the number required in this box and add cost to grading fee ☐

Part E

Official
use only

Forms	Basics	One Step Sparring	Free Sparring	Breaking	Grand Total

Grade (GUP) Belt Colour
Comments

(2nd GUP) BLUE BELT

Tenets of Taekwondo:

To be recited at the start of the grading

Forms:

1. PYONG UN EE DAN
2. PYONG UN OH DAN
3. BASSAI HYONG

Also to know Lower Rank Forms

Basics:

1. Step in Behind Front Kick
 2. Step in Behind Turning Kick
 3. Double Side Kick Low and High Section
 4. Turning Kick, Jump Side Kick
 5. Front Kick, Back Kick, Double Knife Hand
 6. Turning Kick, Spin Kick, Double Knife Hand
 7. Side Splits Both Directions
 8. Box Splits
- (All Basic Movements in Back Stance)
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One Step Sparring:

Your Own Techniques
(Mainly using hands in fast defence and counter attacking)

Free Sparring:

Three Rounds of Free Sparring (1 minute per Round)

Senior Breaking:

1. Jump Front, Side Kick (1 Tile each)
 2. Jump Side Kick over Two People (1 Tile)
 3. Punching Stack of Tiles (8 Tiles or 1 Block)
- (Minus one point for every miss and if you forget to Ki-Hap or Bow afterwards)
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Junior Breaking: (Under 16 Yrs)

1. Jump Front, Side Kick (1 Tile each)
 2. Jump Side Kick over Two People (1 Tile)
 3. Punching Stack of Tiles (6 Tiles)
- (Minus one point for every miss and if you forget to Ki-Hap or Bow afterwards)
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Infant Breaking: (Under 10 Yrs)

1. Jump Front, Side Kick (Focus Mitt each)
 2. Punch (1 Tile)
- (Minus one point for every miss and if you forget to Ki-Hap or Bow afterwards)
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Fee:

£35 includes Certificate, Tile, Belt and Examination
£8 per DVD (optional)
(Cheques made payable to 'CTF')