



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

(4th GUP) GREEN BELT

(3rd GUP) GREEN BELT BLUE TAG

Tenets of Taekwondo:

To be recited at the start of the grading

Forms:

1. (4th Gup) Basic Form Seven (PYONG UN SAR DAN)
2. (3rd Gup) Basic Form Eight (PYONG UN OH DAN)

Also Both Grades to know Lower Rank Forms

Basics:

(4th Gup)

1. Palm Block, Reverse Hand Thrust (Front Stance)
2. Drop Kicks Inside to out and Outside to in (using Back Leg) (Back Stance)
3. Jump Front Kick with Forward Leg (Back Stance)
4. Back Kick (Back Stance)
5. Knife Hand Chop, Turning Reverse Knife Hand Chop (Back Stance)
6. Side Splits, Both Directions

(3rd Gup)

1. Crescent Kick, Reverse Jump Crescent Kick (Same Leg) (Back Stance)
 2. Jump Side Kick with Forward Leg (Back Stance)
 3. Front Kick, Knife Hand Block, Reverse Punch (Front Stance)
 4. Step in Spin Kick (Back Stance)
 5. Side Splits, Both Directions
-

One Step Sparring:

(4th and 3rd Gups)

(Defence)

(Counter Attacks) 4th Gup

(Counter Attacks) 3rd Gup

(Any Combination)

Jump Knee Blocks and Crescent Blocks

Palm – Reverse Knife Hand – Elbow – Back Kick

Palm – Reverse Knife Hand – Elbow – Spin Kick

Free Sparring:

(4th and 3rd Gups)

Two Rounds of Free Sparring (1 minute per Round)

Breaking:

(4th Gup)

Back Kick

Destruction of one tile

(3rd Gup)

Spin Kick

Destruction of one tile

(Minus one point for every miss and if you forget to Ki-Hap or Bow afterwards)

Fee:

£25 includes Certificate, Tile, Belt and Examination

£8 per DVD (optional)

(Cheques made payable to 'CTF')