



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 to show you have their permission to grade.

Instructor Signed

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

(6th GUP) ORANGE BELT

(5th GUP) ORANGE BELT GREEN TAG

Tenets of Taekwondo:

To be recited at the start of the grading

Forms:

1. (6th Gup) Basic Form Five (PYONG UN EE DAN)
2. (5th Gup) Basic Form Six (PYONG UN SAM DAN)

Also Both Grades to know Lower Rank Forms

Basics:

(6th Gup)

1. Double Fore Arm Block (Front Stance)
2. Double Knife Hand Block (Back Stance)
3. Outside to Inside Crescent Kick (Back Stance)
4. Front Kick, Turning Kick, Side Kick (Back Stance)

(5th Gup)

Same as above

5. Step in Drop Kick (Back Stance)
 6. Side Splits Both Directions
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One Step Sparring:

(6th & 5th Gups)

(Defence) Inner & Outer Crescent Block Kicks (Using Back Leg)
(Counter Attacks) Knife Hand – Back Fist – Elbow – Side Kick
(Any Combination)

Free Sparring:

(6th & 5th Gups)

One Round of Free Sparring (1 minute Round)

Breaking:

(6th & 5th Gups)

Side Kick (Using the Side of Foot)
Destruction of one tile

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

Fee:

£20 includes Certificate, Tile, Belt and Examination
£8 per DVD (optional)
(Cheques made payable to 'CTF')