



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 / DAN) Belt Colour

Comments

(1st GUP) RED BELT

Tenets of Taekwondo:

To be recited at the start of the grading

Forms:

1. PYONG UN CHO DAN
2. PYONG UN SAM DAN
3. BASSAI HYONG
4. NAIHANJI CHO DAN

Also to know Lower Rank Forms

Basics:

1. Crescent Kicks Inside Out Outside In, Reverse Drop Kick
 2. Step In Drop Kick
 3. Step in Behind Turning Kick
 4. Crescent Kick, Reverse Jump Crescent Kick (Three Times)
 5. Side Kick, Jump Side Kick
 6. Skipping In Drop Kick
 7. Step In Spin Kick, Front Kick
 8. Back Fist, Turning Reverse Knife Hand Strike
 9. Side Splits Both Directions
 10. Box Splits
- (All Basic Movements in Back Stance)
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One Step Sparring

Your Own Techniques

Free Sparring:

Four Rounds of Free Sparring (1 minute per Round)
Two Rounds of Free Sparring Against Two People (30 seconds per Round)

Senior Breaking:

1. Jump Front, Side, Back & Spin Kicks (1 Tile each)
 2. Jump Side Kick over Three People (1 Tile) (Two People For Ladies)
 3. Punch Stack of Tiles (15 Tiles)
 4. Knife Hand Chop (1 Brick) (1x3 Inch Block For Ladies)
- (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, Back & Spin Kicks (1 Tile each)
 2. Jump Side Kick over Two People (1 Tile) (One People For Girls)
 3. Punch Stack of Tiles (8 Tiles)
 4. Knife Hand Chop (1x3 Inch Block)
- (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, Back & Spin Kicks (Focus Mitt each)
 2. Punch Stack of Tiles (3 Tiles)
 3. Knife Hand Chop (3 Tiles)
- (Minus one point for every miss and if you forget to Ki-Hap or Bow afterwards)
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Fee:

£90 includes Certificate, Breaking Materials, Belt and Examination and a Competition Quality Dobok
£8 per DVD (optional)
(Cheques made payable to 'CTF')