



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 | Attitude | Breaking | Grand Total |
|-------|--------|-------------------|----------|----------|-------------|
| | | | | | |

Grade (GUP) Belt Colour

Comments

(10th GUP) WHITE BELT

(9th GUP) WHITE BELT YELLOW TAG

Tenets of Taekwondo:

To be recited at the start of the grading

Forms:

- | | | |
|---------------------------|----------------|-----------------------|
| 1. (10 th Gup) | Basic Form One | (GIECHO HYONG IL BOO) |
| 2. (9 th Gup) | Basic Form Two | (GIECHO HYONG EE BOO) |

Also 9th Gup to know Lower Rank Form

Basics:

(10th Gup)

- | | |
|------------------|----------------|
| 1. Low Block | (Front Stance) |
| 2. Reverse Punch | (Front Stance) |
| 3. High Block | (Front Stance) |
| 4. Front Kick | (Front Stance) |

(9th Gup)

Same as above

- | | |
|------------------------------|----------------|
| 5. Front Kick, Reverse Punch | (Front Stance) |
|------------------------------|----------------|
-

One Step Sparring:

(10th & 9th Gups)

| | |
|-------------------|-------------------------------|
| (Defence) | Inner & Outer Fore Arm Blocks |
| (Counter Attacks) | Punch – Elbow – Front Kick |
| (Any Combination) | |

Attitude:

Depending on how your attitude is in class with respect for Seniors.
Marks are given out of 10 points by your Instructor before your grading starts.

Breaking:

(10th & 9th Gups)

Front Kick (Using the Ball of Foot)
Destruction of one tile

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

Fee:

£15 includes Certificate, Tile, Belt and Examination
£8 per DVD (optional)
(Cheques made payable to 'CTF')