



# 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 .....

# (8<sup>th</sup> GUP) YELLOW BELT

## (7<sup>th</sup> GUP) YELLOW BELT ORANGE TAG

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### Tenets of Taekwondo:

To be recited at the start of the grading

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### Forms:

1. (8<sup>th</sup> Gup) Basic Form Three (GIECHO HYONG SAM BOO)
2. (7<sup>th</sup> Gup) Basic Form Four (PYONG UN CHO DAN)

Also Both Grades to know Lower Rank Forms

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### Basics:

(8<sup>th</sup> Gup)

1. Outer Fore Arm Block, Reverse Punch (Front Stance)
2. Inner Fore Arm Block, Reverse Punch (Front Stance)
3. Side Punch (Horse Stance)
4. Turning Kick (Back Stance)

(7<sup>th</sup> Gup)

Same as above

5. Front Kick, Turning Kick (Back Stance)
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### One Step Sparring:

(8<sup>th</sup> & 7<sup>th</sup> Gups)

(Defence) Inner & Outer Knife Hand Blocks  
(Counter Attacks) Punch – Back Fist – Elbow – Turning Kick  
(Any Combination)

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### 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.

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### Breaking:

(8<sup>th</sup> & 7<sup>th</sup> Gups)

Turning Kick (Using the Instep or Ball of Foot)  
Destruction of one tile

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

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### Fee:

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