



# Grading application

## 5<sup>th</sup> to 6<sup>th</sup> Dan Black Belt



Date of Grading

Name

Instructor

Age

Height

Weight

Gender

Please state any medical condition that could affect your performance

I hereby submit this application for grading and certify that I am fit to take part.

Signature

PARENT OR GUARDIAN IF UNDER 18

|   |                     |   |  |
|---|---------------------|---|--|
| <b>Free Sparring</b>                                | 10 rounds           | spar appropriately for height, weight, age & gender etc |  |
| <b>1 step sparring</b>                              |                     | students own (with take downs)                          |  |
| <b>All 4th Dan patterns</b>                         |                     |   |  |
| <b>So-San</b>                                       |                     |   |  |
| <b>Se-Jong</b>                                      |                     |   |  |
| <b>Student choice of 3<sup>rd</sup> Dan Pattern</b> |                     |   |  |
| <b>Examiners choice pattern x 2</b>                 |                     |   |  |
| <b>Hand break</b> (including elbow)                 |                     | student chooses technique, examiner chooses board       |  |
| <b>Leg break</b>                                    |                     | student chooses technique, examiner chooses board       |  |
| <b>Theory &amp; Terminology</b>                     | 1__ 2__ 3__ 4__ 5__ | Each question is worth 2 points                         |  |

EXAMINERS COMMENTS

TOTAL