

## 2020 AUST TKD Pty Ltd Trading as Koryo Taekwondo Centre Grading Application.

Christian name: \_\_\_\_\_ Surname: \_\_\_\_\_ Grading Date: \_\_\_\_\_

Address \_\_\_\_\_ Post Code \_\_\_\_\_

F/M \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Telephone \_\_\_\_\_ AT No: \_\_\_\_\_

Current Grade/Kukkiwon No \_\_\_\_\_ Recommending Instructor: \_\_\_\_\_ Grading Fee \_\_\_\_\_

Disabilities/Special Needs: \_\_\_\_\_

Emergency Contact No \_\_\_\_\_ Students grading No \_\_\_\_\_ Pass \_\_\_ Fail \_\_\_ Period to next Grading \_\_\_\_\_

Poomsae	P/F	Stance's	P/F	Punch	P/F	Kicks	P/F
Basic/Count		Moa Seogi		Body		Front Kick / Sliding Front	
Basic		Charyot Seogi		Face		Jumping Front Kick	
Taeguk 1		Naranhi Seogi		Double Body		Side Kick / Sliding Side	
Taeguk 2		Pyonhi Seogi		Double Body/Face		Jumping Side	
Taeguk 3		Juchum Seogi		Side Body		Jumping Turning Side	
Taeguk 4		Ap Kubi		<b>Blocking Makki</b>		Roundhouse Kick	
Taeguk 5		Ap Seogi		Lower Block		Sliding Roundhouse	
Taeguk 6		Dwit KubBeom Seogi		Body Block		Jumping Roundhouse	
Taeguk 7		Hakdari Seogi		Minor Body Block		Jumping Turning Roundhouse	
Taeguk 8		<b>Strikes</b>		Outside Body Block		Crescent Kick	
Palgae 1		Knifehand		Face Block		Jumping Crescent	
Palgae 2		Spearhand		Gawi (Scissors)		Jumping Turning Crescent	
Palgae 3		Knuckle		Knifehand Lower		Hammer Kick	
Palgae 4		Palm Hand		Knifehand Middle		Jumping Hammer	
Palgae 5		Elbow		Keumgang Makki		Jumping Turning Hammer	
Palgae 6		Elbow /Back Fist		Santul Makki / Wei		Spinning / Jumping Heal Kick	
Palgae 7		<b>Self Defence</b>		Jebi Poom Mok/Tok		Spinning / Jumping Hookl Kick	
Palgae 8		Step Self-defence		Kodureo Makki		Double Kick	
Kicking Form		Wrist Grab		Otkoreo Makki		Kicking Pattern moving forward	
Koryo 1		Shoulder Grab		Keumgang Momtong		<b>Stepped Exercise</b>	
Koryo		Kick Attack		<b>Terminology</b>		One Step	
Keumgang		Choke		Various		Two Step	
Taebaek		Knife Attack		<b>Others</b>		Three Step	
Pyongwon		Club Attack		Fitness		<b>Sparring</b>	
Sipjin		Bear Hug		Attitude		Hands Only	
Jitae		Sweep		<b>Breaking</b>		Single (1 Opponent)	
Chonkwon		Hip Throw		Hand 1 2 3 4		Double (2 Opponents)	
Hunsu		Various		Foot 1 2 3 4		Multi (3 Opponents)	

Special Considerations: \_\_\_\_\_

1 Point Deductions	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	Total	
1 Point Deductions										10											20										30	

**Pass Requirements: White: 50% \* Yellow: 55% \* Blue: 60% \* Red: 65% \* Black \* 70%**

**Grading Application must be submitted to your Instructor One week prior to the Grading Date.**

**Grading Application must be approved by your Instructor. Instructor's signature: \_\_\_\_\_**

**Student must display AT Membership Card on the day of Grading.**

**Sparring: Hands only up to Yellow 2 Stripes, Yellow 3 Stripes up must wear full Protective Gear.**