

AUST TKD Pty Ltd Trading as 2019 Koryo Taekwondo Centre Grading Application

Christian name: _____ Surname: _____ Grading Date: _____

Address _____ Post Code _____

F/M ___ Date of Birth: _____ Age: _____ Telephone _____ Koryo/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 | |
| Taegeuk 1 | | Naranhi Seogi | | Double Body | | Side Kick / Sliding Side | |
| Taegeuk 2 | | Pyonhi Seogi | | Double Body/Face | | Jumping Side | |
| Taegeuk 3 | | Juchum Seogi | | Side Body | | Jumping Turning Side | |
| Taegeuk 4 | | Ap Kubi | | Blocking Makki | | Roundhouse Kick | |
| Taegeuk 5 | | Ap Seogi | | Lower Block | | Sliding Roundhouse | |
| Taegeuk 6 | | Dwit KubBeom Seogi | | Body Block | | Jumping Roundhouse | |
| Taegeuk 7 | | Hakdari Seogi | | Minor Body Block | | Jumping Turning Roundhouse | |
| Taegeuk 8 | | Strikes | | 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 | | Self Defence | | 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 | | Stepped Exercise | |
| Koryo | | Kick Attack | | Terminology | | One Step | |
| Keumgang | | Choke | | Various | | Two Step | |
| Taebaek | | Knife Attack | | Others | | Three Step | |
| Pyongwon | | Club Attack | | Fitness | | Sparring | |
| Sipjin | | Bear Hug | | Attitude | | Hands Only | |
| Jitae | | Sweep | | Breaking | | 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: _____

| Outstanding Students Points | ... | ... | ... | ... | ... | ... | ... | ... | ... | ... | ... | ... | ... | ... | ... | Total points..... |
|-----------------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-------------------|
| 1 Point Deductions | | | | | | | | | | | | | | | | |
| ½ Point Deductions | | | | | | | | | | | | | | | | |

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 Koryo/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.

Protective Gear: Head Guard, Mouth Guard, Body Guard, Groin Guard, Shin/Forearm Guards, Foot/Hand Guards.