



Adult Grading Form

Limitless Martial Arts Inc.
3090 Mavis Road
Mississauga, ON, L5C 1T8



White Belt > Yellow Stripe

Name:	
Date:	Start Time:
\$70.00	

All instructions pertain to the **day of grading**.

1. Payment (exact cash preferred) must be submitted to Examiner
2. Grading form must be submitted to Examiner
3. Arrive at least 15-minutes prior to start time to warm up
4. Students must be in full uniform. NO T-SHIRTS PERMITTED.

1. I hereby submit my application to be tested at Limitless Martial Arts Inc.
2. I hereby waive my claim against any persons connected with the test for any injuries I may sustain and likewise, assume full responsibility for all of my actions in connection with said test.
3. I understand that the listed test fee is non-refundable.
4. I agree to accept the final grade as a result of my test.

Student Signature: _____ Parent Signature: _____

For the Examiner

THEORY	
BOW TO THE GENERAL	
BOW TO THE EXAMINER	
BOW TO THE INSTRUCTOR	
FITNESS	
30 PUSH UPS	
30 SIT UPS	
20 BURPEES	
20 MOUNTAIN CLIMBERS	
STRIKING FUNDAMENTALS	
PUNCHES: 1,2,3,4,5,6	
KICKS: FRONT, TURN, SIDE, BACK	
SPARRING COMBOS	
SPARRING COMBO 1	
SPARRING COMBO 2	
SPARRING COMBO 3	

SAJU-JIRUGI				
SAJU-MAKGI				
3-STEP SPARRING	1	2		
WALKING READY STANCE:				
- FRONT SNAP KICK				
SITTING READY STANCE:				
- SIDE PIERCING KICK				
- TURNING KICK				
BOARD BREAKING:				
SIDE PIERCING KICK				
KNIFE HAND SIDE STRIKE				

Score: _____ Weighted (30%): _____

Score: _____ Weighted (70%): _____

Bonus Marks: _____

Final Results: _____

Examiner Signature: _____