



# Adult Grading Form

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



## Yellow Stripe > Yellow Belt

Name:	
Date:	Start Time:
<b>\$80.00</b>	

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

<b>THEORY</b>	
Meaning of Chon-Ji	
BOW TO AN INSTRUCTOR	
<b>FITNESS</b>	
50 JUMPING JACKS	
30 HAMMERS	
20 BURPEES	
30 PLANK JACKS	
<b>STRIKING FUNDAMENTALS</b>	
PUNCHES: 1,2,3,4,5,6	
KICKS: FRONT, TURN, SIDE, BACK	
<b>SPARRING COMBOS</b>	
SPARRING COMBO 4	
SPARRING COMBO 5	
SPARRING COMBO 6	

<b>TUL (PATTERNS)</b>				
SAJU-JIRUGI				
SAJU-MAKGI				
CHON JI TUL				
3-STEP SPARRING	1	2	3	4
<b>L STANCE GUARDING BLOCK</b>				
TURNING, SIDE KICK				
TURNING, BACK KICK				
FRONT, TURN, BACK KICKS				
<b>BOARD BREAKING:</b>				
SIDE PIERCING KICK				
KNIFE HAND SIDE STRIKE				
FOREFIST PUNCH				
<b>SPARRING</b>				

Score: \_\_\_\_\_ Weighted (30%): \_\_\_\_\_

Score: \_\_\_\_\_ Weighted (70%): \_\_\_\_\_

Bonus Marks: \_\_\_\_\_

Final Results: \_\_\_\_\_

Examiner Signature: \_\_\_\_\_