



Adult Grading Form

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



Green Stripe > Green Belt

Name:	
Date:	Start Time:
\$100.00	

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 EXAMINER		
Meaning of Do-San Tul		
FITNESS		
30 PUSH UPS		
20 RUSHIAN TWISTS		
30 SIT UPS		
30 BURPEES		
30 PLANK JACKS		
STRIKING FUNDAMENTALS		
PUNCHES: 1,2,3,4,5,6		
KICKS: REVERSE HOOK, 360 TURNING KICK, AX KICK		
SPARRING COMBOS		
SPARRING COMBO 10		
SPARRING COMBO 11		
SPARRING COMBO 12		
SPARRING		
TECHNICAL		
TACTICAL		
PHYSICAL		
MENTAL		

TUL (PATTERNS)		
SAJU-JIRUGI & SAJU-MAKGI		
CHON JI TUL		
DAN-GUN TUL		
DO-SAN TUL		
STEP SPARRING		
PARTNER 3-STEP SPARRING 1-6		
PARTNER 1-STEP SPARRING 1-6		
L STANCE GUARDING BLOCK		
FRONT, TURN, SIDE (CONS.)		
HOOK, TURN(CONS.)		
HOOK, TURN, SIDE (CONS.)		
BOARD BREAKING:		
Knife Hand Side Strike		
Reverse Punch		
Turning Kick		
Back Piercing Kick		
Side Piercing Kick		

Bonus Marks: _____

Final Results: _____

Examiner Signature: _____