



Adult Grading Form

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



Blue Stripe > Blue Belt

Name:	
Date:	Start Time:
\$110.00	

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		
Purpose & Method of Yul-Gok		
Meaning of Yul-Gok Tul		
Stance & Technique of Yul-Gok		
FITNESS		
50 JUMP-JACKS		
30 PUSH UPS		
30 RUSHIAN TWISTS		
30 SIT UPS		
30 BURPEES		
30 PLANK JACKS		
STRIKING & Tul FUNDAMENTALS		
Chon-Ji to Yul Gok Tul observing the Training Secrets		
PUNCHES: 1,2,3,4,5,6		
KICKS: Step Turning, 360 Back kick, Downward kick		
SPARRING COMBOS		
SPARRING COMBO 16		
SPARRING COMBO 17		
SPARRING COMBO 18		
SPARRING		
TECHNICAL		
TACTICAL		
PHYSICAL		

TUL (PATTERNS)		
CHON JI TUL		
DAN-GUN TUL		
DO-SAN TUL		
WON-HYO		
TUL YUL-GOK TUL		
STEP SPARRING		
2 DIRECTION PARTNER		
3-STEP SPARRING 1-6		
PARTNER		
1-STEP SPARRING 1-10		
L STANCE GUARDING BLOCK		
FRONT, TURN, SIDE (CONS.)		
HOOK, TURN(CONS.)		
HOOK, TURN, SIDE (CONS.)		
FUNDAMENTALS: SIDE, TURN, BACK		
BOARD BREAKING:		
Front Snack Kick		
Sitting stance punch		
Side Kick from Bending ready stance		
Back Piercing Kick		

MENTAL		
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Bonus Marks: _____

Final Results: _____

Examiner Signature: _____