



# Adult Grading Form

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



## Blue Belt > Red Stripe

Name:	
Date:	Start Time:
<b>\$120.00</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

THEORY		
Purpose & Method of Joong-Gun Tul		
Meaning of Joong-Gun Tul		
Stance & Technique of Joong-Gun Tul		
FITNESS		
50 JUMP-JACKS		
30 PUSH UPS		
30 RUSHIAN TWISTS		
30 SIT UPS		
30 BURPEES		
30 PLANK JACKS		
STRIKING & Tul FUNDAMENTALS		
Dan-Gun Tul to Joong-Gun Tul observing the Training Secrets		
PUNCHES: 1,2,3,4,5,6		
KICKS: Step Turning, 360 Back kick, Downward kick		
SPARRING COMBOS		
SPARRING COMBO 19		
SPARRING COMBO 20		
SPARRING COMBO 21		
SPARRING		
TECHNICAL		
TACTICAL		
PHYSICAL		

TUL (PATTERNS) - PRACTICAL		
DAN-GUN TUL		
DO-SAN TUL		
WON-HYO		
TUL YUL-GOK TUL		
JOONG-GUN 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:		
Upper Elbow Strike		
Twin Fist Vertical Punch		
Twin Fist Upset Punch		
L-Stance Punch		
Side Piercing Kick		

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

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

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