



Kickboxing Grading Form

Limitless Martial Arts Inc.
3410 Semenyk Court, Unit 7 & 8
Mississauga, ON, L5C 4P8

White > Yellow

Name:	
Date:	Start Time:
\$60.00	

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

1. Payment (exact cash preferred) and Grading Form must be submitted to Coach Fredie.
2. Arrive at least 15 minutes before start time to warm up.
3. Students must be in FULL THAI/KB UNIFORM.

I hereby submit my application to be tested at Limitless Martial Arts Inc.

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.

I understand that the listed test fee is non-refundable.

I agree to accept the final grade as a result of my test.

Student Signature: _____ Parent Signature: _____

For the Examiner

COMMENTS		HAND TECHNIQUES	
		JAB	
		CROSS	
		FOOT TECHNIQUES	
		TEEP	
		LEAD ROUND KICK	
		REAR ROUND KICK	

FOUNDATIONS		COUPLETS & COMBO	SHADOW	BAGS	PARTNER	
STANCE		C1. JAB-CROSS				
GUARD		C2. JAB-REAR FRONT				
POSTURE		C3. JAB-REAR ROUND				
STRENGTH/POWER		C4. CROSS-LEAD ROUND				
		COMBO #1 (JAB-CROSS-LEAD ROUND KICK)				

FITNESS		FOOTWORK	
30 PUSH UPS		1-6 MOVEMENTS (FORWARD, BACKWARD, LEFT, RIGHT QUARTER SPIN)	
30 BURPEES		LINEAR MOVEMENT	
30 MOUNTAIN CLIMBERS		SPEED	

Score: _____ Weighted (30%): _____

Score: _____ Weighted (70%): _____

Examiner Signature: _____

Final Result: _____