



Kickboxing Grading Form

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

Yellow > Blue

Name:	
Date:	Start Time:
\$70.00	

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

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

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

FOUNDATIONS	
ANGLE MOVEMENT	
SPINNING MOVEMENT	
IN-OUT MOVEMENT	

HAND TECHNIQUES	
LEAD HOOK (3)	
REAR HOOK	
REAR UPPERCUT (4)	

COMMENTS	

COUPLETS & COMBOS	SHADOW	BAGS	PARTNER	
C5. DOUBLE JABS				
C6. CROSS-LEAD HOOK				
C7. LEAD HOOK-REAR ROUND KICK				
C8. JAB-REAR BODY HOOK				
COMBO #2 (CROSS-LEAD HOOK-REAR ROUND KICK)				
COMBO #3 (JAB-REAR BODY HOOK-LEAD HEAD HOOK-CROSS-LEAD ROUND KICK)				

FITNESS	
35 PUSH UPS	
35 BURPEES	
35 MOUNTAIN CLIMBERS	

SPARRING	
STRENGTH	
SPEED	
POWER	

Score: _____ Weighted (30%): _____

Score: _____ Weighted (70%): _____

Examiner Signature: _____

Final Result: _____