



# Kickboxing Grading Form

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

## Blue > Red

Name:	
Date:	Start Time:
<b>\$80.00</b>	

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.

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

COMMENTS		HAND TECHNIQUES			
		ANGLE JAB			
		BODY JAB			
		ANGLE PUNCH (5)			
		FOOT TECHNIQUE			
		FRONT KICK			
		SIDE KICK			
		LEAD ROUND KICK			
		REAR ROUND KICK			

  

FOUNDATIONS		COUPLETS & COMBOS	SHADOW	BAGS	PARTNER
SLIPPING		<b>C9.</b> LEAD HOOK CROSS			
DROPPING		<b>C10.</b> REAR UPPERCUT-LEAD HOOK			
BREAKING		<b>C11.</b> JAB-UP JAB			
GAPPING		<b>COMBO #4</b> (LEAD HOOK-CROSS-LEAD ROUND KICK)			
		<b>COMBO F1</b> (FAKE REAR FRONT KICK-CROSS)			
		<b>COMBO F2</b> (FAKE GAP-REAR ROUND KICK)			

FITNESS		SPARRING	
40 BURPEES		STRENGTH	
40 SIT UPS		SPEED	
40 PLANK JACKS		POWER	

Score: \_\_\_\_\_ Weighted (30%): \_\_\_\_\_

Score: \_\_\_\_\_ Weighted (70%): \_\_\_\_\_

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

**Final Result:** \_\_\_\_\_