



Kickboxing Grading Form

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

Red > Orange

Name:	
Date:	Start Time:
\$90.00	

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.

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	
LEAD UPPERCUT	
OVERHAND CROSS	
FOOT TECHNIQUE	
FRONT KICK	
SIDE KICK	
AXE KICK	
HOOK KICK	

FOUNDATIONS	
WEAVING	
PICKING	
PROBING	
PARRYING	

COUPLETS & COMBOS	SHADOW	BAGS	PARTNER
C12. DOUBLE CROSS			
C13. DOUBLE HOOK			
COMBO #5 (LEAD UPPERCUT-OVERHAND CROSS-LEAD ROUND KICK)			
COMBO #6 (JAB-REAR ROUND KICK-CROSS-LEAD ROUND KICK)			

FITNESS	
45 BURPEES	
45 SIT UPS	
45 PLANK JACKS	

SPARRING	
STRENGTH	
SPEED	
POWER	

Score: _____ Weighted (30%): _____

Score: _____ Weighted (70%): _____

Examiner Signature: _____

Final Result: _____

