



Kickboxing Grading Form

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

Orange > Green

Name:	
Date:	Start Time:
\$100.00	

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

FOUNDATIONS	
BLOCKING	
FAKING	

HAND TECHNIQUES	
UP JAB	
FOOT TECHNIQUES	
SPINNING BACK KICK	
SPINNING HOOK KICK	

COMMENTS	

COUPLETS & COMBOS	SHADOW	BAGS	PARTNER	
C14. REAR FRONT-CROSS				
C15. REAR FRONT-LEAD UPPERCUT				
COMBO #7 (JAB-REAR FRONT KICK-CROSS)				
COMBO #8 (JAB-REAR FRONT KICK-LEAD UPPERCUT)				
COMBO #9 (JAB-REAR UPPERCUT-HOOK-CROSS-LEAD ROUND)				
COMBO F3 (JAB-SPINNING BACK KICK)				

FITNESS	
50 BURPEES	
50 SIT UPS	
50 MOUNTAIN CLIMBERS	
50 PUSH UPS	

Score: _____ Weighted (30%): _____

Examiner Signature: _____

SPARRING	
STRENGTH	
SPEED	
POWER	

Score: _____ Weighted (70%): _____

Final Result:_____