



Kickboxing Grading Form

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

Green > Purple

Name:	
Date:	Start Time:
\$110.00	

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	
BOXER STYLE	
BANGER STYLE	
SIDE STYLE	

HAND TECHNIQUES	
PEPPERING	
FOOT TECHNIQUES	
FOOT SWEEPS	

COMMENTS	

COUPLETS	SHADOW	BAGS	PARTNER	
C16. CROSS-REAR UPPERCUT				
C17. LEAD HOOK-ANGLE PUNCH				
C18. OVERHAND CROSS-ANGLE PUNCH				
COMBOS	SHADOW	BAGS	PARTNER	
DOWN UNDER				
OVER-THE-TOP				

FITNESS	
55 BURPEES	
55 SIT UPS	
55 MOUNTAIN CLIMBERS	
55 PUSH UPS	

SPARRING	
STRENGTH	
SPEED	
POWER	

Score: _____ Weighted (30%): _____

Score: _____ Weighted (70%): _____

Examiner Signature: _____

Final Result: _____