



Kickboxing Grading Form

Yellow > Blue

Name:	
Date:	Start Time:
\$70.00 Examination \$30 Shorts Total: \$100	

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	TECHNIQUES				
Stance & Guard	Jab, cross, lead/rear-hook, lead/rear uppercut				
Footwork	Linear kicks, rounded kicks & knees				
All Strikes	Offensive & defensive				
COMMENTS	COUPLETS & COMBOS TBA On the day	SHADOW	BAGS	PARTNER	
FITNESS	SPARRING				
Run	Application of drills				
Conditioning	Fight IQ				
	Adapatbility				

Score: _____ Weighted (30%): _____

Score: _____ Weighted (70%): _____

Examiner Signature: _____

Final Result: _____