



Kickboxing Grading Form

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

Blue > Red

Name:	
Date:	Start Time:
\$100	

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	
Explain & teach the 6 punches	
Teach the punches	
FOOT TECHNIQUE	
Explain Kicks & knees	
Teach the kicks	

FOUNDATIONS	
1-6 Punches	
Linear & Round Kicks & Knees	
Defense & Counter Striking	
Stances & Guards	

COUPLETS & COMBOS	Mark	Comment
Teach pad drill to youth		
Facilitate pad drill to adult		
Teach sparring drills		

FITNESS	
3k Run	
HIIT	
Strength & Conditioning	

SPARRING	
Technical	
Tactical	
Physical	

Examiner Signature: _____

Final Result: _____