

2019

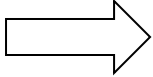


Kup Grading Exam

2019 Applications (Beginner to Blue Belt Only)

Paid £35 Fee?

Please Fully Complete Section 1 - Parent/Legal Guardian to complete on behalf of Applicant if under 18 years of age. Application will only be processed upon payment.



Section 1 - Student / Parent to Complete ALL Sections

SURNAME: _____

FORENAME: _____

GRADING DATE: ____ - ____ - ____

AGE AT GRADING: ____ MALE / FEMALE

MEMBERSHIP EXPIRY: ____ - ____ - ____

Section 2 – Examiners Assessment

x=Negative √=Positive This is a Judgmental and not a Mathematical assessment.

<u>Basic Techniques & Patterns</u>	1	2	3	4
Stance / Kick / Balance / Fist				
Power : Sine Wave / Chambering / Reaction Force				
Saju Jirugi / Chon-Ji / Dan-Gu / Do-San / Won-Hyo				
Yul-Gok / Joon-Gun				

<u>Free Sparring</u> Distance, Timing, Target, Combinations	1	2	3	4	5	6	7
<u>Self Defence</u> Use of Mass / Effectiveness / Voice / Speed of Reaction	1	2	3	4	5		
<u>Power Test</u> Technique / Correct Foot or Hand Part	1	2	3	4	5		
<u>Personal Conduct, Theory & Tenets</u> Etiquette / Bowing / Korean Terminology / Pattern Definitions	1	2	3	4	5		

PRESENT GRADE ?

Beginner
OR
9th Kup
SINGLE STRIPE
OR
9th Kup
DOUBLE STRIPE
OR
8th Kup
OR
7th Kup
SINGLE STRIPE
OR
7th Kup
DOUBLE STRIPE
OR
6th Kup
OR
5th Kup
SINGLE STRIPE
OR
5th Kup
DOUBLE STRIPE
OR
4th Kup

Section 3 – Result Overall Score: ____ / 30 (Pass=16 and above) New Grade: ____ KUP

Section 4 – Examiners Recommendation

- Pass - Take the next available Examination
- Pass - Miss the next available Examination and discuss targeted training with their Instructor
- Fail - Sit a Retest and discuss performance with their Instructor