

2020

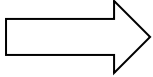


# Kup Grading Exam

2020 Applications  
Beginner to Blue Belt

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.

### Basic Techniques & Patterns

Stance / Kick / Balance / Fist

1 2 3 4

Power : Sine Wave / Chambering / Reaction Force

Saju Jirugi / Chon-Ji / Dan-Gu / Do-San / Won-Hyo

5 6 7 8

Yul-Gok / Joon-Gun

### Free Sparring

Distance, Timing, Target, Combinations

1 2 3 4 5 6 7

### Self Defence

Use of Mass / Effectiveness / Voice / Speed of Reaction

1 2 3 4 5

### Power Test

Technique / Correct Foot or Hand Part

1 2 3 4 5

### Personal Conduct, Theory & Tenets

Etiquette / Bowing / Korean Terminology / Pattern Definitions

1 2 3 4 5

PRESENT GRADE ?  
Beginner (10th Kup)  
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