

SOUTH EAST ACADEMY

| Belt Size | |
|-----------|--------------------------|
| 250 | <input type="checkbox"/> |
| 280 | <input type="checkbox"/> |
| 320 | <input type="checkbox"/> |

Freestyle Sport Karate Grading Application Form

Grade Taking - Belt - Grade (Cost £00)

All grading forms must be handed in to your instructor at least 1 week before the grade takes place along with your grading fees, grading/licence book and 1 passport size photograph (with your name written on the back).

Please note: You must have a valid licence to take a grade.

FULL NAME : LICENCE No..... EXPIRY DATE.....

FULL ADDRESS :

..... POSTCODE :

TEL (incl. Std code):..... D.O.B.....

(Shaded area to be filled in by Grading Board)

| Grading Syllabus | Points |
|---------------------------------|---------------------|
| Fitness | |
| Effort & Attitude | |
| Basic Techniques - Hands | |
| - Legs | |
| Focus Pad Work | |
| Shadow Boxing - Hands | |
| - Legs | |
| Blocking Techniques | |
| Bag Work | |
| Self Defence | |
| Horse Riding Stance | |
| Sparring | |
| Balance, Speed & Power | |
| <u>Comments (if any)</u> | TOTAL POINTS |
| | PASS MARK |

N.B. You must bring the correct equipment that you need to take the grade i.e. pads, skipping rope, focus pads etc.

No Spectators or Parents etc. will be allowed into the Grading Hall due to the distraction they may cause students/examiners.

Student's Signature:.....Date:.....