



Chairman: Master Darren Naraine (6thDan)
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8th KUP (Yellow Belt) GRADING TEST APPLICATION FORM

THE GRADING FEE (£20) INCLUDES THE ISSUE OF A CERTIFICATE AND A BELT

Minimum hours / lessons attended = 10

1. To be completed by the candidate in **BLOCK CAPITALS**

Surname:		Fees Paid For Test:	
Forenames:		Instructors Name:	
Address:		Present Grade:	
		Lessons Since Last Grading:	
		Last Grading Date:	
		Membership Licence Number:	
Postcode:		Expiry Date:	
Date of Birth:		Signature of recommending Instructor:	

I AGREE TO ABIDE BY THE GRADING RESULTS

Signature:	
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2. To be completed by the Examiner

	Mark
1. 20 x Press ups	
2. Outer Crescent Kick	
3. Sitting Stance, Double middle section punching x10	
4. Sitting Stance. Upper Blocks, Lower Blocks, Inner Blocks x8	
5. Long stance lower block. 6x forwards, turn, 6 x backwards	
6. Long stance upper block. 6x forwards, turn, 6 x backwards	
7. Taegeuk 1	
8. 1 Step kicking exercise	

EXAMINERS COMMENTS (Continued overleaf if required)		
Target for your next grading:	Overall Mark:	
	<input type="checkbox"/> PASS	<input type="checkbox"/> FAIL
	Grade Awarded:	Kup

Examiners Name:		Dan Grade:	
Date:		Signature:	