



Chairman: Master Darren Naraine (6thDan)
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9th KUP (Yellow Tag) GRADING TEST APPLICATION FORM

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

Minimum hours / lessons attended = 8

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. 10 x Press ups	
2. Front rising kick, fighting stance. 10x left leg, 10x right leg	
3. Sitting Stance, middle section punching 10x	
4. Moving forward 6x and backwards 6x, <u>Walking</u> stance middle section punch	
5. Moving forward 6x and backwards 6x, <u>Long</u> stance middle section punch	
6. Long stance moving backwards + inner forearm block middle section	
7. Long stance moving forward + inner forearm block + reverse punch	
8. Moving forward – front kicking	
9. 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

Date:		Examiners:	
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