



## **KICK-KWONDO GRADING FORM**

Name:

D.O.B:

Current belt level:

Insurance: YES/NO

Congratulations on being invited to grade. At the grading you must complete all techniques, step-sparring, self-defence, sparring and breaks listed on the syllabus for your next belt. The syllabus is available here: <https://www.kick-kwondo.com/syllabus>

You will be given a fail, pass or excellent on each technique and have to pass 90% to achieve your next grade. The expectation of what a 'pass' is will increase as you progress through the grades. (e.g. a black belt doing a mid-block should be much stronger than a yellow belt).

If you pass the grading you will receive an internationally recognised certificate stating your grade in the Olympic style (WT). You will also receive your belt.

There will be a pattern competition in which you can attempt to win the pattern trophy! For a high level pattern we are looking for strength, confidence, smooth transitions between moves and every move completed correctly (again there will be a higher standard expected from higher grades).

Insurance: If you are grading for your blue-tag or above you must ensure you have your British Taekwondo Insurance. This is not only because you will be doing more complex kicks/sparring as you progress but if you want to compete or go for your black belt then you **MUST** have British Taekwondo insurance. If you are unsure of how to complete this, please contact Master Sam. Insurance must be purchased through the British Taekwondo website and covers you for one year, it costs £30 for the year.

Equipment needed:

- Each student must wear a full Taekwondo Dobok (uniform) including belt. (Compulsory for those grading for green-tag or higher)
- Those who are doing free sparring must bring a fitted gum shield

Parents of children grading are encouraged to watch and can take photos/videos of their own children as they grade.