

**BRITISH TAEKWONDO CONTROL BOARD (WTF)
KUP GRADING FORM**

Club Name: Livingwell Taekwondo Academy

Instructor: Master Derek Sumner 6th Dan

Student Name:

Date of Birth:

Address:

Postcode:

BTCB Licence No:

Nationality:

Expiry Date:

Time Training: MIN: AVERAGE: MAX:

Grade Taking:

STANCES:	FRONT	<input type="checkbox"/> BACK	<input type="checkbox"/> HORSERIDING	<input type="checkbox"/> WALKING	<input type="checkbox"/>	TOTAL <input type="checkbox"/>
BLOCKS:	LOW	<input type="checkbox"/> MIDDLE	<input type="checkbox"/> HIGH	<input type="checkbox"/> OTHER	<input type="checkbox"/>	<input type="checkbox"/>
STRIKES:	PUNCH	<input type="checkbox"/> SPEARHAND	<input type="checkbox"/> KNIFEHAND	<input type="checkbox"/> X BLOCK	<input type="checkbox"/>	<input type="checkbox"/>
	ELBOW	<input type="checkbox"/> BACKFIST	<input type="checkbox"/> REVERSE PUNCH	<input type="checkbox"/> OTHER	<input type="checkbox"/>	
KICKS:	FRONT	<input type="checkbox"/> BACK	<input type="checkbox"/> TURNING	<input type="checkbox"/> SIDE	<input type="checkbox"/>	<input type="checkbox"/>
	HOOK	<input type="checkbox"/> CRESCENT	<input type="checkbox"/> AXE	<input type="checkbox"/> PUSHING	<input type="checkbox"/>	
	REVERSE TURNING	<input type="checkbox"/> JUMPING	<input type="checkbox"/> OTHER	<input type="checkbox"/>		
SPARRING:	3 STEP	<input type="checkbox"/> 2 STEP	<input type="checkbox"/> 1 STEP	<input type="checkbox"/> FREE	<input type="checkbox"/>	<input type="checkbox"/>
POOMSAE:	COMPULSORY	<input type="checkbox"/> OTHER	<input type="checkbox"/> OTHER	<input type="checkbox"/>		<input type="checkbox"/>
BREAKING:	HAND	<input type="checkbox"/> KICK	<input type="checkbox"/> OTHER	<input type="checkbox"/> OTHER	<input type="checkbox"/>	<input type="checkbox"/>
STAMINA	<input type="checkbox"/> DESTRUCTION	<input type="checkbox"/> TECHNIQUE	<input type="checkbox"/> SPIRIT	<input type="checkbox"/>		<input type="checkbox"/>

EXAMINERS COMMENTS

Continue overleaf if required

PASS	<input type="checkbox"/>	FAIL	<input type="checkbox"/>	TOTAL <input type="checkbox"/>
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