**Fighting Fit Grading**

Name …………………………………………………………………………………………………

DOB …………………………………………………………………………………………………..

FEE £20 ……..CASH …….. BACS

Licence Expiry ……………………………………………………………………………………

Grade going for …………………………………………………………...KUP

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Monday 3rd October | | Tuesday 4th October | | Wednesday 5th October | |
| Attitude | Fitness | | Power | | Focus |
| Kicks | Punches | | Blocks | | Sparring |
| Break Falls | Groundwork | | Weapons | | Self-Defence |
| Pattern | Breaking | | Balance | | Mini-Pattern |
| Combat Weapons | Other Sparring | | Stances | | **RESULT** |

Please arrive only 5 minutes early having already completed the grading application form and paid the fee at the previous session. Please also bring/wear **FULL UNIFORM**, water bottle, trainers and all other relevant training equipment. Parents can watch. Photographs and video are allowed at the examiners discretion.

**I will accept the examiners Judgment at this grading**

**Signed ………………………………………………………………………………………….**