**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 ………………………………………………………………………………………….**