Australian Taekwondo Chungdokwan Grading Application Form

Please complete the below information, print and sign the form and give it to your instructor.

Location you attend most regularly	

Full Name		Membership number(on the back of your attendance card)	
Present Grade		Date of last promotion	
Number of competitions entered		Name of instructor	

I hereby submit the application together with the fee for a test conducted by the examiner(s).
I certify that the above statements are true

Signature of applicant	Examiner	Result	Score	Date

Kicks	Criteria	Score	/25	Poomsae	Criteria	Score	/25		Criteria	Score	/25
1	Technique	0 (bad) 1 (mostly accurate) 2 (accurate)		1	Correct movements	Knows the poomsae | Doesn't know the poomsae			Attacking moves	0 (poor) 1 (ok) 2 (good)	
	Height	0 (below belt) 1 (body) 2 (head)			Stance accuracy (-0.1 for each error)	2|1.9|1.8|1.7|1.6|1.5|1.4|1.3|1.2|1.1|1.0|0.9|0.8|0.7|0.6|0.50.4|0.3|0.2|0.1			Defensive moves	0 (poor) 1 (ok) 2 (good)	
	Power/speed	0 (not enough) 1 (enough)			Execution of arm techniques (-0.1 for each error)	2|1.9|1.8|1.7|1.6|1.5|1.4|1.3|1.2|1.1|1.0|0.9|0.8|0.7|0.6|0.50.4|0.3|0.2|0.1			Footwork	0 (poor) 1 (ok) 2 (good)	
2	Technique	0 (bad) 1 (mostly accurate) 2 (accurate)			Arm Prep (do they have the right initial movement/starting position) (-0.1 for each error)	2|1.9|1.8|1.7|1.6|1.5|1.4|1.3|1.2|1.1|1.0|0.9|0.8|0.7|0.6|0.50.4|0.3|0.2|0.1		Sparring	Variety of kicks	0 (poor) 1 (ok) 2 (good)	
	Height	0 (below belt) 1 (body) 2 (head)			Execution of kicks	0 (too low) 1 (ok height) 2 (good height)			Punches	0 (poor) 1 (ok) 2 (good)	
	Power/speed	0 (not enough) 1 (enough)			Power	0 (too weak) 1 (ok) 2 (good)			Clinch	0 (poor) 1 (ok) 2 (good)	
					Presentation (does it look good) + rhythm	0 (not pretty) 1 (ok) 2 (good) 2.5 (very good)					
3	Technique	0 (bad)		2	Correct movements	Knows the poomsae | Doesn't know the poomsae			**Criteria**	**Score**	**/10**
	Height	0 (below belt) 1 (body) 2 (head)			Stance accuracy (-0.1 for each error)	2|1.9|1.8|1.7|1.6|1.5|1.4|1.3|1.2|1.1|1.0|0.9|0.8|0.7|0.6|0.50.4|0.3|0.2|0.1			Technique		
	Power/speed	0 (not enough) 1 (enough)			Execution of arm techniques (-0.1 for each error)	2|1.9|1.8|1.7|1.6|1.5|1.4|1.3|1.2|1.1|1.0|0.9|0.8|0.7|0.6|0.50.4|0.3|0.2|0.1		Hoshinsul (self defence)	Reaction		
4	Technique	0 (bad) 1 (mostly accurate) 2 (accurate)			Arm Prep (do they have the right initial movement/starting position) (-0.1 for each error)	2|1.9|1.8|1.7|1.6|1.5|1.4|1.3|1.2|1.1|1.0|0.9|0.8|0.7|0.6|0.50.4|0.3|0.2|0.1			Effectiveness		
	Height	0 (below belt) 1 (body) 2 (head)			Execution of kicks	0 (too low) 1 (ok height) 2 (good height)			**Criteria**	**Score**	**/5**
	Power/speed	0 (not enough) 1 (enough)			Power	0 (too weak) 1 (ok) 2 (good)			Terminology		
5	Technique	0 (bad) 1 (mostly accurate) 2 (accurate)			Presentation (does it look good) + rhythm	0 (not pretty) 1 (ok) 2 (good) 2.5 (very good)		Knowledge	Explaination of technique		
	Height	0 (below belt) 1 (body) 2 (head)		3	Correct movements	Knows the poomsae | Doesn't know the poomsae			General knowledge/ culture/history		
	Power/speed	0 (not enough) 1 (enough)			Stance accuracy (-0.1 for each error)	2|1.9|1.8|1.7|1.6|1.5|1.4|1.3|1.2|1.1|1.0|0.9|0.8|0.7|0.6|0.50.4|0.3|0.2|0.1			**Criteria**	**Score**	**/10**
					Execution of arm techniques (-0.1 for each error)	2|1.9|1.8|1.7|1.6|1.5|1.4|1.3|1.2|1.1|1.0|0.9|0.8|0.7|0.6|0.50.4|0.3|0.2|0.1			Middle split		
					Arm Prep (do they have the right initial movement/starting position) (-0.1 for each error)	2|1.9|1.8|1.7|1.6|1.5|1.4|1.3|1.2|1.1|1.0|0.9|0.8|0.7|0.6|0.50.4|0.3|0.2|0.1			Front split right		
					Execution of kicks	0 (too low) 1 (ok height) 2 (good height)		Strength / Flexibility	Front split left		
					Power	0 (too weak) 1 (ok) 2 (good)			Push up		
					Presentation (does it look good) + rhythm	0 (not pretty) 1 (ok) 2 (good) 2.5 (very good)			Sit up		
									Kyokpa		