

UNIVERSITY OF QUEENSLAND  
**TAE KWON DO CLUB**



**Grading Form**

Name: .....

Age: ..... Current belt .....

**Blocks**

|                        |                     |
|------------------------|---------------------|
| lower-section          | upper-section       |
| outer-forearm          | inner forearm       |
| outer-forearm guarding | knife-hand guarding |

**Strikes**

|                   |                           |
|-------------------|---------------------------|
| lunge punch       | reverse punch             |
| knife-hand strike | reverse knife-hand strike |
| backfist          | spearhand                 |

**Stances**

|                     |              |
|---------------------|--------------|
| horse-riding stance | front stance |
| back stance         | crane stance |

**Kicks**

|         |          |
|---------|----------|
| front   | side     |
| turning | hook     |
| back    | crescent |

**Patterns**

|             |             |
|-------------|-------------|
| 4 Dir Punch | 4 Dir Block |
| Chon-Ji     | Tan-Gun     |
| To-San      | Won-Hyo     |
| Yul-Gok     | Joong-Gun   |
| Toi-Gye     | Hwa-Rang    |
| Choong-Moo  |             |

**Sparring**

|             |                  |
|-------------|------------------|
| 1 step      | 1 step semi-free |
| 2 step free | free sparring    |

**Breaks**

**Comments**

**Grade** \_\_\_\_\_

**Date** \_\_\_\_\_

**Approved** \_\_\_\_\_

**Head Instructor**