



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 _____