



Grading Form

Student:	Belt:
Sensei:	Date:

Stances:

Rating (circle one):	5	4	3	2	1
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Punches, Strikes, Blocks:

Rating (circle one):	5	4	3	2	1
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Kicks:

Rating (circle one):	5	4	3	2	1
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Katas:

Rating (circle one):	5	4	3	2	1
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Self Defence:

Rating (circle one):	5	4	3	2	1
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Sparring – at Sensei’s Discretion:

Rating (circle one):	5	4	3	2	1
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Terminology (Optional):

Rating (circle one):	5	4	3	2	1
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Comments:

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Key:

5 = Excellent [All or almost all requirements met or exceeded]

4 = Very Good [At least 75% of requirements met]

3 = Good [At least 60% of requirements met; others need improving]

2 = Fair [Some 50% of requirements need improvement]

1 = Poor [60% or more of requirements need improvement]