



Grading Form				
Student:		Belt :		
Sensei:		Date:		
Stances	Rating (<i>circle one</i>)	Excellent	Acceptable	Needs Improvement
Punches, Strikes, Blocks	Rating (<i>circle one</i>)	Excellent	Acceptable	Needs Improvement
Kicks	Rating (<i>circle one</i>)	Excellent	Acceptable	Needs Improvement
Katas	Rating (<i>circle one</i>)	Excellent	Acceptable	Needs Improvement
Self Defences	Rating (<i>circle one</i>)	Excellent	Acceptable	Needs Improvement
Sparring	Rating (<i>circle one</i>)	Excellent	Acceptable	Needs Improvement
Terminology	Rating (<i>circle one</i>)	Excellent	Acceptable	Needs Improvement
Comments:				
Next Grading Date:				
Overall Grading Rating:	(<i>circle one</i>)	Excellent	Acceptable	Needs Improvement