



Security Training Solutions
Targeting A Changing World

MARTIAL ARTS GRADING SHEET



STUDENT INFORMATION

Name: _____ **Date:** _____
Day / Month / Year

Style Testing For: Black Arts / Tae Kwon Do / Other: _____

Current Rank: Yellow / Orange / Green / Blue / Red / Other: _____

Black: 1st / 2nd / 3rd / 4th / 5th / 6th / Other: _____

Level Testing For: Yellow / Orange / Green / Blue / Red / Other: _____

Black: 1st / 2nd / 3rd / 4th / 5th / 6th / Other: _____

Belt Size: 000 / 00 / 0 / 1 / 2 / 3 / 4 / 5 / 6 / 7 / 8

Name of Tester: _____ **Ranking of Tester:** _____

TEST INFORMATION

1. a) **Patter/Form/Poomse Name:** _____

b) **Patter Level Achieved:** Fail / Good / Very Good / Excellent / Excellent + / Not Applicable

2. **Three Step Sparring:** Fail / Good / Very Good / Excellent / Excellent + / Not Applicable

3. **Sparring:** Fail / Good / Very Good / Excellent / Excellent + / Not Applicable

4. **Grappling:** Fail / Good / Very Good / Excellent / Excellent + / Not Applicable

5. a) **Break Board:** Yes / No / Not Applicable

b) **Type of Strike Required:** _____

SUMMARY

Strong Points:

Points to Improve on:

Security Training Solutions

Type of attack	Level								
	Y	O	G	BL	R	B1	B2	B3	B4
Frontal Attacks									
One handed Lapel Grab	1	2	2	2	2	2	2	2	2
Two Handed Lapel Grab	1	1	2	2	2	2	2	2	2
Choke	1	2	2	2	2	2	2	2	2
Bear Hug with Arms Trapped	1	1	2	2	2	2	2	2	2
Bear Hug with Arms Free	1	1	2	2	2	2	2	2	2
Push	1	2	2	2	2	2	2	2	2
Wrist Grab (Opposite)	1	2	2	2	2	2	2	2	2
Wrist Grab (Cross)	1	2	2	2	2	2	2	2	2
Double Wrist Grab	1	1	2	2	2	2	2	2	2
Hair Grab	1	1	2	2	2	2	2	2	2
Front Kick	1	1	2	2	2	2	2	2	2
Roundhouse Kick	1	1	2	2	2	2	2	2	2
Side Kick	1	1	2	2	2	2	2	2	2
Hook Punch	1	1	2	2	2	2	2	2	2
Overhead Strike	1	1	2	2	2	2	2	2	2
Straight Punch	1	2	2	2	2	2	2	2	2
Inside-Outside Knife Thrust	1	1	2	1	1	2	2	2	2
Outside-Inside Knife Thrust	1	1	2	1	1	2	2	2	2
Overhand Knife Thrust	1	1	2	1	1	2	2	2	2
Underhand Knife Thrust	1	1	2	1	1	2	2	2	2
Knife Slash	1	1	2	1	1	2	2	2	2
Extended Knife Thrust	1	1	2	1	1	2	2	2	2
Extended Handgun	1	1	2	1	1	2	2	2	2
Side Attacks (Facing Same Direction)									
Wrist Grab	1	2	2	2	2	2	2	2	2
Shoulder Grab	1	1	2	2	2	2	2	2	2
Middle Arm Grab	1	1	2	2	2	2	2	2	2
Head Lock	1	1	2	2	2	2	2	2	2
Extended Gun	1	1	2	2	2	2	2	2	2

Side Attacks (Facing Opposite Direction)	Y	O	G	BL	R	B1	B2	B3	B4
Wrist Grab	1	2	2	2	2	2	2	2	2
Shoulder Grab	1	1	2	2	2	2	2	2	2
Middle Arm Grab	1	1	2	2	2	2	2	2	2
Head Lock	1	1	2	2	2	2	2	2	2
Extended Gun	1	1	2	2	2	2	2	2	2
Rear Attacks									
Close Choke	1	2	2	2	2	2	2	2	2
Extended Choke	1	2	2	2	2	2	2	2	2
Bear Hug with Arms Trapped		1	2	2	2	2	2	2	2
Bear Hug with Arms Free		1	2	2	2	2	2	2	2
Double Wrist Grab		1	2	2	2	2	2	2	2
Hair Grab		1	2	2	2	2	2	2	2
Shoulder Grab	1	2	2	2	2	2	2	2	2
Close Knife (Terrorist)				1	2	2	2	2	2
Full Knife	1	1	2	2	2	2	2	2	2
Close Handgun (Terrorist)				1	2	2	2	2	2
Extended Handgun				1	2	2	2	2	2
Additional Requirements									
Compulsory Techniques	22	43	64	79	81	88	88	88	88
Miscellaneous Techniques	1	0	2	7	10	12	62	112	162
Total	23	43	66	86	91	100	150	200	250
Break falls		2	2	3	4	5	6	7	8
Throws		2	2	3	4	5	6	7	8
Mat Sparring (3minute Rounds)	1	1	1	2	2	3	3	3	3
Knife Pattern						1			
Baton Pattern						1			
Neural Point Identification						2	2	2	2