



# SATURDAY TRAINING COURSE AND PROMOTIONAL EXAMS

Training Course: **10.00am-11:30am**

Grade Test: **12:00pm-2:00pm**

Parents - if you are not watching the grading test please ensure that you are back at the hall by **1:30pm** to hear the "A" Level passes and see the Grading Award Winners receive the trophy and shield and collect your child/children.

## DATES FOR YOUR DIARY

Saturday 7th March—Oldmachar Church, Bridge of Don—Training Seminar and Grading (Colour Belts plus Black Belt Testing Exam) - **10am START**



Saturday 25th April—Central School, Peterhead Training Seminar and Grading Test) - **10am START**

## DEADLINE FOR PAPERWORK AND PAYMENT IS

2 DAYS PRIOR to the Grading & Seminar event

**NO STUDENTS WILL BE ACCEPTED OR ALLOWED TO TAKE PART IF THEY HAVE NOT MADE THE DEADLINE UNLESS BY PRIOR ARRANGEMENT WITH THEIR INSTRUCTORS. EMAILED APPLICATIONS MUST BE SUBMITTED BEFORE 3PM ON THE FRIDAY BEFORE THE GRADE**



## APPLICATION FOR SATURDAY TRAINING COURSE AND PROMOTION TEST



Enter Grading & Seminar Date .....

Grading & Seminar Venue (please tick) Aberdeen  Peterhead

YOUR NAME .....

YOUR SCHOOL Aberdeen  Peterhead  Kintore  Bridge of Don  Aberdeen University  (please tick)

1) Promotion Test/Pre-grade **Includes** Training Course (all grades) - Cost **£39.50**

2) Training Course **only** (Saturday morning - recommended for all students) - Cost **£17.00**

**Students/parents: please tick only one of the above boxes.**

Please return this form along with any payments to your instructor by the closing date of two days prior to the grading.

I hereby submit this application for grading and state that I accept the result of the examination board. I hold myself/my child solely responsible for any injury that I/my child may sustain in the course of the examination. I certify that the facts are correct and that I/my child is/am fit to take the grading test.

Signed ..... Date .....

Payment method (Please tick box)  
CASH

CHEQUE please make payable to Mr K Murdoch

All times are approximate and may vary

- The Tae Kwon-Do School is a **Black Belt School**. Our number one goal is to teach you to **Black Belt**.
- Your number one goal is to strive and train for Black Belt by grading or pre-grading every second month to be on target to achieve **Black Belt**.
- The club hosts 14 Saturday training courses per year. You are required to attend a minimum of 6 Saturday morning training courses per year to be eligible to grade to Black Belt.
- Colour belt students will receive 3 signatures in their training booklets towards their next promotional exam.
- Black Belts will receive special training for their next Dan grade and 3 signatures in their instructor's booklet towards their next Dan Grading.

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## **REQUIREMENTS BEFORE YOU MAY SIT GRADING TESTS**

You should have the following: -

### **WHITE BELT & YELLOW TAG**

1. ITF Tae Kwon-Do Club Uniform – cleaned and pressed
2. Club Membership Booklet and Licence.
3. All monthly training fees up to date.
4. Master Murdoch Tae Kwon-Do Booklet Volume One – Theory, Grading Syllabus, Grading Questions and Answers

### **YELLOW BELT & GREEN TAG**

1. Up to date Club Membership and Licence.
2. Safety Sparring Equipment - **COMPULSORY Must be RED MACHO ONLY Headguard, Gloves and Boots (Please contact Club Secretary by email for more information: [k1.tkduk@gmail.com](mailto:k1.tkduk@gmail.com)).**
3. Groin Guard (male only) and Gum shield

### **GREEN BELT & BLUE TAG**

1. Up to date Club Membership and Licence.
2. You **must** have the full set of safety equipment (**headguard**, gloves and boots macho in red only).
3. You must have Groin Guard (male only) and Gum Shield
4. Master Murdoch Tae Kwon-Do Booklet Volume Two- Advanced Theory and Patterns

### **BLUE BELT & RED TAG**

1. Up to date Club Membership and Licence.
2. Clean smart ITF club uniform
3. Master Murdoch Tae Kwon-Do Booklet Volumes One and Two

### **RED BELT & BLACK TAG**

1. Up to date Club Membership and Licence.
2. **Clean smart Tae Kwon-Do Club uniform**. Remember your current uniform may have been worn 3 times per week since you started training and you may now require a second suit. Use the new, smarter one for grades, training courses and when your other suit is being washed.

### **BLACK BELT & INSTRUCTOR**

1. Black Belt Club Uniform with Club logo.
2. Black Belt Sparring Equipment (White Macho Gloves, Boots and Headguard). 4th Dan must wear black.
3. Black Belt Certified Instructors' Course and Insurance.
4. Grading Formal dress – navy blazer, navy trousers, white shirt and navy tie, dark socks and shoes or white socks and TKD shoes.

**Should any student/parent have any queries please contact the club secretary by email:**

**[k1.tkduk@gmail.com](mailto:k1.tkduk@gmail.com)**