

Grading Application

Grading Dates: _____ Return By: _____

Student Name: _____ Grading for: _____

Please check which grading you will be attending:

Thurs 4:30pm

Thurs 6:30pm

Fri 5:30pm

Section A: To be filled out by student. (Check Yes or No)

	Yes	No
I show improvement in school.		
I show improvement in physical fitness.		
I show improvement in community and family service.		
I will have a witness attending the grading.		
I will wear a full gi with top & crest to grading.		
I want to improve: _____. I will get better by _____. I am good at _____		

Section B: To be filled out by parent/guardian. (Check a box for each question)

	Excellent	Good	Satisfactory	Needs Improvement
Listening to parents.				
Showing respect to adults.				
Being polite and well-mannered.				
Cleaning room and play area.				
Getting along with siblings.				
Doing chores.				
Eating healthy.				
Parent comments: _____ _____				
Would you like a Parent interview with Shihan? _____				

Section C: To be filled out by student's school teacher.

	Excellent	Good	Satisfactory	Needs Improvement
Student's attentiveness.				
Being polite.				
Showing respect.				
Getting along with others.				
Keeping up with class work.				
Working hard.				

Does the student use Martial Arts at school? Yes No

Teacher comments: _____
_____.

Teacher's Signature: _____

Date: _____

Section D: Regular Progress Report – fill out physical fitness markers to track your progress.

I can do _____ pushups.

I can do _____ leg raises.

I can hold a plank for _____.

I can do _____ punches in 30 seconds.

I can do _____ burpees in 30 seconds.

I can run _____ in _____.