

APTI Grading Card

10th Kup White Belt



Name _____

Age _____ Exam Date _____

APTI School _____

I hereby submit this application for grading and state that I hold myself solely responsible for any injury that I may sustain in the course of this examination, I certify that the facts are correct and I am fit to partake.

Signed _____

Parents signature if under 18

Attach recent
passport photo
here

Presentation How the student presents them self.	/10
Semi Free Sparring Any Technique learnt so far performed on a 1-4-1 basis. No Blocking	/10
1-4-1 Front Kick Performed with the back leg (alternate left and right). No Blocking	/10
One Step Sparring No 1 Middle inner forearm outward block, middle reverse punch.	/10
Middle Punch Stepping forwards in walking stance.	/10
Middle Inner forearm outward block Stepping backwards in walking stance	/10
4 Directional Punching No 1 12 year olds and under, can be guided through to the count by their instructor, up to and including 5th Kup only.	/10
4 Directional Punching No 2 12 year olds and under, can be guided through to the count by their instructor, up to and including 5th Kup only.	/10
Questions 1 on Theory & 1 on Terminology (each correct answer worth 5)	/10
Etiquette Each tick represents 2 points and is awarded when a student shows unprompted etiquette. _____	/10
A minimum score of 50 is needed to pass 70 or above for an A pass	Total

