



UNITED MARTIAL ARTS & FITNESS ACADEMY

All Grading is held at UMA **COCKBURN** (1/5 Merino Entrance)

Saturday, 12 December 2020

Little Tigers & Red & Black Belt

TIME	Class (your current belt)
09:00~10:30	Red1 & Red2 & Red3
10:40~11:20	Little Tigers (White Belt)
11:30~12:00	Little Tigers (YellowGreen1,2)
12:10~12:40	Little Tigers (GreenBlue1&Above)
12:40~13:00	Lunch Time
13:00~14:10	1st Dan of Black Belt
14:20~15:10	2nd Dan & Above

- There will be NO CLASS on Saturday 12th of December both at Cockburn and Willetton but you can request MAKEUP class for that.

GRADING INFORMATION

1. There will be Korean Language Test for Red3/Black1-4/Black2-7, Breaking Wooden Board for 2, 3 Dan Grading.
- The full grading fee is to be lodged with the grading application form.
 - Graduation are every 3 months.
 - You must wear LONG SLEEVES uniform to attend the grading.
 - Please bring your Sparring gear (including Mouth guard) (not for Little Tigers)
 - *You must hand in the form by Thursday 10th of December otherwise will incur \$5 the late fee.!! We don't accept the form on Grading day.*



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Sunday, 13 December 2020

Panthers & Lions TKD

TIME	Class (your current belt)
13:00~14:00	Panthers & Lions (White Belt)
14:10~15:00	Panthers & Lions (Yellow1)
15:10~16:00	Panthers & Lions (Yellow2)
16:10~17:00	Panthers & Lions (Blue1,2)
17:10~18:00	Panthers & Lions (Brown1,2)

4 STEPS to Graduate

1. Check your attendance at front desk. Your attendance rating should be A or B.
2. Get TIPS on your belt.



Little Tigers

YELLOW: Self-Defense
RED: Kicking
BLUE: Boxing, Basic Stance & Blocks
(*white belt need only Red and Blue TIPS)

Panthers&Lions&Adults

YELLOW: Attitude or Fitness
RED: Kicking
BLUE: Pattern & Self-defense

3. Masters give FORM to be completed.
4. Hand your grading form in by Thursday before Grading.

GRADING INFORMATION

- The full grading fee is to be lodged with the grading application form.
- Graduation are every 3 months.
- TKD program DVDs are compulsory for your training to meet the standards and techniques required for next belt level. (not for Little Tigers)
- You must wear LONG SLEEVES uniform to attend the grading.
- SPARRING GEARS is compulsory from Yellow belt. (not for Little Tigers)
- *You must hand in the form by Thursday 10th of December otherwise will incur \$5 the late fee.!!*
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Tuesday 15 December 2020

TIME	Class (your current belt)
17:45~18:30	Extreme Weapons & Kicking
18:30~19:20	Adults TKD (White~Red2)
19:20~20:10	Mixed Martial Arts

4 STEPS to Graduate

1. Check your attendance at front desk. Your attendance rating should be A or B.
2. Get TIPS on your belt.



Little Tigers

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RED: Kicking
BLUE: Boxing, Basic Stance & Blocks
(*white belt need only Red and Blue TIPS)

Panthers&Lions&Adults

YELLOW: Attitude or Fitness
RED: Kicking
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3. Masters give FORM to be completed.
4. Hand your grading form in by Thursday before Grading.

GRADING INFORMATION

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