

## GRADING CONFIRMATION

This lift out serves as a preparation for Grading. It should be used initially as a means to self assess and finally to be submitted as a confirmation of attendance to your selected grading date.

This section allows space for you to confirm your three chosen combinations.

Mark four separate occasions where form, pads and usages were successfully completed for each of your selected combinations.

Mark four separate occasions where the weaponry and hand drills were completed successfully.

<b>NAME</b>
<b>CONTACT NUMBER</b>
<b>EMAIL</b>
<b>NUMBER OF GUESTS ATTENDING</b>
<b>CONFIRMED GRADING FOR</b>
<b>PRESENTATION OF CERTIFICATES FOR SUCCESSFUL STUDENTS WILL OCCUR IMMEDIATELY AFTER THE GRADING</b>

<b>THREE CHOSEN COMBINATIONS FROM GREEN BELT</b>												
1												
2												
3												
	<b>FORM</b>				<b>PADS</b>				<b>USAGE</b>			
1												
2												
3												
<b>WEAPONRY</b>												
<b>GING MO SURLNG BEY SOW</b>												
1												
<b>HAND DRILL</b>												
<b>GING MO SART SOW GUNG</b>												
1												

<b>GWAN JONG</b>																			
1	2	3	4	S&K	1	2	3	4	S&K	1	2	3	4	S&K	1	2	3	4	S&K
<b>GEE WAY</b>																			
1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4				

## PHILOSOPHY - Gung chee loyi deen, toyi chee mey chun.

### ENGLISH TRANSLATION:

How does this philosophy relate to fighting situations?

What are the principles of the four Gee Way?

How does this philosophy relate to my mental and spiritual self?

What are the benefits of Gwan Jongs?

Where is the progression from previous philosophies?

Define Kill, Ma, Geng, Sun, Hay