

## **WHAT IS A PRE-GRADING?**

Many beginners ask “*Do I need to go to the pre-grading?*”

Your pre-grading is the chance for you to do a practise run to see if you are ready to attempt the actual grading.

A grading is where you earn your next belt.

The pre-grading gives you chance to perform the techniques one after another that make up your grading in controlled conditions in your grade groups ie white belts all together, yellow belts all together and so on.

You will get to practise the positions where you will line up, how to address the examiner & who does what and when.

Would it surprise you to learn that there are often 50 to 70 other TKD students from other local clubs grading alongside you on the same evening? Not to mention parents and friends who come along to watch and support. A grading is nothing to be scared of but doing a pre-grading will make your evening a whole lot easier and more enjoyable.

As well as practising the physical techniques you will also learn

- The order you will grade in
- Where is it?
- What time does it start?
- What time should I arrive?
- What time will it finish?
- How much does it cost?
- What do I need to take?
- Can I share a lift with someone?

These are just some of the things we run through at the pre-grading then all you have to do is concentrate on your TKD and leave the rest to us.

**Now, ask yourself the question:**

***Do you need to attend the pre-grading?***