

# GRADING CHECKLIST

*CONFIDENCE IS PREPARED CALM.*

## THE NIGHT BEFORE

- DOBOK CLEAN AND READY
- BELT PACKED
- WATER BOTTLE FILLED
- EARLY NIGHT'S SLEEP
- VISUALISE YOURSELF PERFORMING CONFIDENTLY

 *YOU'VE DONE THE WORK. TRUST IT.*

## BEFORE YOU LEAVE HOME

- EAT SOMETHING LIGHT AND BALANCED
- TAKE 3 SLOW BREATHS
- SAY ONE POSITIVE PHRASE TO YOURSELF
- ARRIVE EARLY (NO RUSHING ENERGY!)

 SUGGESTED PHRASE:  
"I AM PREPARED. I AM CAPABLE. I AM READY."

## JUST BEFORE YOU BOW

- STAND TALL
- SHOULDERS RELAXED
- SLOW BREATH IN
- SLOW BREATH OUT
- FOCUS ON THE FIRST MOVE ONLY

 *YOU DON'T NEED PERFECTION. YOU NEED COMPOSURE.*

## REMEMBER:

- ✨ NERVES MEAN YOU CARE
- ✨ ONE MISTAKE DOESN'T DEFINE YOUR GRADING
- ✨ EXAMINERS LOOK FOR EFFORT, CONTROL, AND SPIRIT
- ✨ YOU ARE MORE PREPARED THAN YOU FEEL