

Scoring : 1=Very Poor, 3=Poor, 6=Acceptable, 8=Good, 10=Excellent

Score

- 1). Personal Presentation : Appearance of Uniform, Tying of Belt, Position at Natural Stance _____
- 2). Physical Conditioning : Push Ups, Abs, Jump-Jacks, Rec-Stance with Punches, Balance _____
- 3). Body Position : Back, Shoulders, Arms, Elbows, Fists, Chest, Overall Physical Presentation _____
- 4). Stances : Natural, Attention, Rectangular, Forward, Kicking, Cat, Back _____
- 5). Punch / Kick : With power? Center line? Leaning forward? Above belt? Extension? _____
- 6). Blocks : Load? With power? Reaction Hand? Body Position? _____
- 7). Movement : All directions. With confidence? Strong body position? Strong stance? _____
- 8). Kata : Presentation of Techniques, Strong Movement, Body position, Strong Finish _____
- 9). Self Defense : Confidence level, Execution, Atemi Strike, Kiai, Control, Did defense make sense? _____
- 10). Overall (In-Class) Focus, Attention, Effort, Energy, Improvement, Leadership, Being an example _____
- 11). Bonus Score : If Attendance > 90% = +5, 80 to 89% = +3, 70 to 79% = +1 _____

Need a score of 70 or better to achieve next rank

Total Score : _____

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