



BLUE BELT EVALUATION  
1<sup>ST</sup> THRU 4<sup>TH</sup> DEGREE



NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

CURRENT BELT LEVEL AND DEGREE: \_\_\_\_\_ BELT SIZE: \_\_\_\_\_

LOCATION & AND CLASS TIME \_\_\_\_\_

ANY DEDUCTIONS OR ADDITIONS FROM PREVIOUS TESTING TODAY:

ADD: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 - 11 - 12 - 13 - 14 - 15

SUBTRACT: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 - 11 - 12 - 13 - 14 - 15

SELF DEFENSE STANCE:

DOWNWARD SWEEPING ELBOW STRIKE  
(FRONT AND BACK ARM)

1 - 2 - 3 - 4 - 5

UPWARD SWEEPING ELBOW STRIKE  
(FRONT AND BACK ARM):

1 - 2 - 3 - 4 - 5

FOOT TECH:

STEPPING BACK KICK:

1 - 2 - 3 - 4 - 5

FRONT SNAP KICK:

1 - 2 - 3 - 4 - 5

FRONT SNAP KICK (STEPPING FORWARD)

1 - 2 - 3 - 4 - 5

FRONT SNAP KICK FRONT LEG

1 - 2 - 3 - 4 - 5

SKIP FRONT SNAP KICK

1 - 2 - 3 - 4 - 5

STEP JUMP FRONT SNAP KICK

1 - 2 - 3 - 4 - 5

ROUND HOUSE KICK BACK LEG

1 - 2 - 3 - 4 - 5

TURNING ROUNDHOUSE KICK(STEPPING FORWARD)

1 - 2 - 3 - 4 - 5

ROUND HOUSE KICK FRONT LEG:

1 - 2 - 3 - 4 - 5

SKIP ROUND HOUSE KICK:

1 - 2 - 3 - 4 - 5

SIDE KICK (FRONT LEG)

1 - 2 - 3 - 4 - 5

SKIP SIDE KICK

1 - 2 - 3 - 4 - 5

TURNING SIDE KICK(STEPPING FORWARD)

1 - 2 - 3 - 4 - 5

CRESCENT KICK OUT TO IN (FRONT LEG)

1 - 2 - 3 - 4 - 5

CRESCENT KICK IN TO OUT (FRONT LEG)

1 - 2 - 3 - 4 - 5

CRESCENT KICK IN TO OUT (STEPPING FORWARD)

1 - 2 - 3 - 4 - 5

CRESCENT KICK OUT TO IN (STEPPING FORWARD)

1 - 2 - 3 - 4 - 5

SPINNING CRESCENT KICK

1 - 2 - 3 - 4 - 5

HAND TECH:

JAB PUNCH:	1 - 2 - 3 - 4 - 5
REVERSE PUNCH:	1 - 2 - 3 - 4 - 5
COMBO JAB PUNCH/REVERSE PUNCH:	1 - 2 - 3 - 4 - 5
BACK FIST:	1 - 2 - 3 - 4 - 5
KNIFE HAND STRIKE (FRONT & BACK HAND)	1 - 2 - 3 - 4 - 5
REVERSE KNIFE HAND (FRONT HAND)	1 - 2 - 3 - 4 - 5
REVERSE TURNING REVERSE KNIFEHAND:	1 - 2 - 3 - 4 - 5
REVERSE TURNING BACKFIST:	1 - 2 - 3 - 4 - 5
PALM HEEL PUSH (FRONT & BACK HAND)	1 - 2 - 3 - 4 - 5
RIDGE HAND STRIKE (FRONT & BACK HAND)	1 - 2 - 3 - 4 - 5

BLOCKS:

DOUBLE FOREARM BLOCK:	1 - 2 - 3 - 4 - 5
GUARDING BLOCK:	1 - 2 - 3 - 4 - 5
ADVANCED BLOCKING BACK HAND HIGH / LOW / IN / OUT	1 - 2 - 3 - 4 - 5

SELF DEFENSE TECH:

BEAR HUG:	1 - 2 - 3 - 4 - 5
WRIST:	1 - 2 - 3 - 4 - 5
BEHIND BACK GRABBING SHOULDER:	1 - 2 - 3 - 4 - 5
PUNCHING:	1 - 2 - 3 - 4 - 5

FORMS:	1 - 2 - 3 - 4 - 5
SPARRING TWO ON ONE:	1 - 2 - 3 - 4 - 5

DISCIPLINE:	1 - 2 - 3 - 4 - 5
RESPECT:	1 - 2 - 3 - 4 - 5
CONFIDENCE:	1 - 2 - 3 - 4 - 5

TOTAL POINTS AVAILABLE: 225

TOTAL POINTS NEEDED: 126

TOTAL POINTS EARNED:

RE TEST NEEDED:

PERFECT ATTENDANCE AWARD TO BE RECEIVED

NEW BELT LEVEL

\_\_\_\_\_

Y / N

Y / N

\_\_\_\_\_