



GREEN 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:

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:

TURNING BACKFIST: 1 - 2 - 3 - 4 - 5

TURNING REVERSE KNIFEHAND STRIKE: 1 - 2 - 3 - 4 - 5

TURNING MID ELBOW STRIKE: 1 - 2 - 3 - 4 - 5

TURNING HIGH ELBOW STRIKE: 1 - 2 - 3 - 4 - 5

SELF DEFENSE:

BEAR HUG: 1 - 2 - 3 - 4 - 5

WRIST GRAB: 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: 1 - 2 - 3 - 4 - 5

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

CONFIDENCE: 1 - 2 - 3 - 4 - 5

DISCIPLINE: 1 - 2 - 3 - 4 - 5

1<sup>ST</sup> & 2<sup>ND</sup> DEGREE'S CAN BE DISMISSED:

TOTAL POINTS AVAILABLE: 60 +

TOTAL POINTS NEEDED TO PASS: 40

TOTAL POINTS EARNED: \_\_\_\_\_

STUDENT PASS: Y / N

RE TEST NEEDED: Y / N

PERFECT ATTENDANCE AWARD TO BE RECEIVED Y / N

NEW BELT LEVEL \_\_\_\_\_

## 3<sup>RD</sup> & 4<sup>TH</sup> DEGREE EVALUATION

SELF DEFENSE STANCE:

SKIP CRESCENT KICK: (OUT SIDE TO INSIDE) 1 - 2 - 3 - 4 - 5

4 BLOCK STEP AWAY SELF - DEFENSE:

LOW / OUT / IN / HIGH - TURNING ROUNDHOUSE KICK (STEPPING FORWARD) DOWNWARD ELBOW STRIKE (STEPPING FORWARD) SWEEPING ELBOW STRIKE (STEPPING IN) 1 - 2 - 3 - 4 - 5

DEFENSIVE POSTURE #2 :

4 BLOCK STEP AWAY SELF DEFENSE:  
LOW / HIGH / IN / OUT - KNEE STRIKE (STEPPING FORWARD) KNIFEHAND STRIKE (STEPPING IN) (UPWARD ELBOW STRIKE (STEPPING FORWARD) 1 - 2 - 3 - 4 - 5

END OF EVALUATION 3<sup>RD</sup> & 4<sup>TH</sup>

TOTAL POINTS AVAILABLE: 80

TOTAL POINTS NEEDED TO PASS: 48

TOTAL POINTS EARNED:

STUDENT PASS:

\_\_\_\_\_  
Y / N

RE TEST NEEDED:

Y / N

PERFECT ATTENDANCE AWARD TO BE RECEIVED

Y / N

NEW BELT LEVEL

\_\_\_\_\_