



RED 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

ALL TECHNIQUES FROM SELF DEFENSE STANCE WITH LEFT LEG BACK:

FOOT TECHNIQUES:

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 ROUNDHOUSE 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
HOOK KICK	1 - 2 - 3 - 4 - 5
SPINNING HOOK KICK	1 - 2 - 3 - 4 - 5
SKIP HOOK KICK	1 - 2 - 3 - 4 - 5

ALL HAND TECHNIQUES:

JAB PUNCH	1 - 2 - 3 - 4 - 5
REVERSE PUNCH	1 - 2 - 3 - 4 - 5
JAB/REVERSE	1 - 2 - 3 - 4 - 5
BACKFIST	1 - 2 - 3 - 4 - 5
PALM HEEL PUSH (F/B)	1 - 2 - 3 - 4 - 5

KNIFE HAND STRIKE (F/B)	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
RIDGE HAND STRIKE (F/B)	1 - 2 - 3 - 4 - 5
HIGH DOWNWARD HAMMER FIST (BRIDGE OF NOSE)	1 - 2 - 3 - 4 - 5

BLOCKING TECHNIQUES:

LOW BLOCK	1 - 2 - 3 - 4 - 5
INSIDE BLOCK	1 - 2 - 3 - 4 - 5
OUTSIDE BLOCK	1 - 2 - 3 - 4 - 5
HIGH BLOCK	1 - 2 - 3 - 4 - 5
DOUBLE FOREARM BLOCK	1 - 2 - 3 - 4 - 5
GUARDING BLOCK	1 - 2 - 3 - 4 - 5
ADVANCED BLOCKING BACK ARM (HIGH/LOW/IN/OUT)	1 - 2 - 3 - 4 - 5

SELF DEFENSE TECHNIQUES:

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

FOUR BLOCK STEP AWAY SELF DEFENSE:  
(LEFT LEG BACK):

HIGH/LOW/IN/OUT -FRONT SNAP KICK STEPPING FORWARD - SWEEPING ELBOW STRIKE STEPPING FORWARD - KNIFE HAND STRIKE HAND IN FRONT STEPPING IN.	1 - 2 - 3 - 4 - 5
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FORMS:	1 - 2 - 3 - 4 - 5
SPARRING TOW 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: 260

TOTAL POINTS NEEDED: 150

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

RE TEST NEEDED: Y / N

PERFECT ATTENDANCE AWARD TO BE RECEIVED Y / N

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

COMMENTS