



YELLOW BELT EVALUATION 1ST - 3RD



NAME: _____ DATE: _____

CURRENT BELT LEVEL AND DEGREE: _____ BELT SIZE: _____

LOCATION & AND CLASS TIME _____

COMBO-HIGH-MIDDLE-LOW 1 - 2 - 3 - 4 - 5

SELF - DEFENSE STANCE:

COMBO-JAB/REVERSE PUNCH	1 - 2 - 3 - 4 - 5
COMBO-BACKFIST/REVERSE PUNCH	1 - 2 - 3 - 4 - 5
FRONT SNAP KICK STEPPING FORWARD	1 - 2 - 3 - 4 - 5
FRONT ROUNDHOUSE KICK FRONT LEG	1 - 2 - 3 - 4 - 5
TURNING ROUNDHOUSE KICK STEPPING FORWARD	1 - 2 - 3 - 4 - 5
DOUBLE FOREARM BLOCK	1 - 2 - 3 - 4 - 5
GUARDING BLOCK	1 - 2 - 3 - 4 - 5

READY STANCE

LOW REAR HAMMER FIST - (STEP OUT RIGHT LEG)	1 - 2 - 3 - 4 - 5
MID REAR ELBOW STRIKE - (STEP OUT RIGHT LEG)	1 - 2 - 3 - 4 - 5
BACK KICK (STATIONARY)	1 - 2 - 3 - 4 - 5

SELF DEFENSE STANCE

PRESS KICK (SHIN LEVEL SIDE KICK)	1 - 2 - 3 - 4 - 5
COMBO - SKIP SIDE KICK/JAB/REVERSE PUNCH	1 - 2 - 3 - 4 - 5

SELF DEFENSE OFF BEAR HUG	1 - 2 - 3 - 4 - 5
SELF DEFENSE OFF WRIST GRAB	1 - 2 - 3 - 4 - 5

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

TOTAL POINTS TO PASS: 51

TOTAL POINTS POSSIBLE: 85

TOTAL POINTS EARNED _____

STUDENT NEEDS RETEST Y / N

NEW BELT LEVEL _____

RE TEST NEEDED: Y / N

SECOND DEGREE

SELF DEFENSE STANCE :

PALM HEEL PUSH FRONT/BACK HAND	1 - 2 - 3 - 4 - 5
KNEE STRIKE (GROIN) FRONT/BACK LEG	1 - 2 - 3 - 4 - 5
SKIP ROUND HOUSE KICK	1 - 2 - 3 - 4 - 5
FRONT KICK FRONT LEG	1 - 2 - 3 - 4 - 5

END EVALUATION 2ND DEGREE

TOTAL POINTS TO PASS : 63

TOTAL POINTS POSSIBLE : 105

TOTAL POINTS EARNED _____

RE TEST NEEDED:

Y / N

PERFECT ATTENDANCE AWARD TO BE RECEIVED

Y / N

NEW BELT LEVEL _____

THIRD DEGREE

READY STANCE:

HIGH REAR ELBOW STRIKE	1 - 2 - 3 - 4 - 5
TURNING BACK KICK STEPPING FORWARD	1 - 2 - 3 - 4 - 5

TOTAL POINTS TO PASS: 69

TOTAL POINTS POSSIBLE: 115

TOTAL POINTS EARNED _____

RE TEST NEEDED:

Y / N

PERFECT ATTENDANCE AWARD TO BE RECEIVED

Y / N

NEW BELT LEVEL _____