

Evaluation Sheet - Black Belt Ring Ready Tip

Name: _____

Expected test dates (instructor only): _____

Expected Extravaganza date (instructor only) : _____

P = Pass, N = Needs Improvement

Traditional

Pinions: 1 _____ 2 _____ 3 _____ 6 _____

GAD: 3 _____ 4 _____

PAD: 2 _____ 5 _____

Weapons: Roll with sticks _____ 5 strikes _____ 5 blocks _____ Sinawali _____

Sombrada _____ Disarm forehand _____ Disarm back hand _____ Figure 8 _____

Kicks: Basic Kicking set: _____ Hook _____ Jump turn back _____ Kenpo _____ Axe _____

Self-Defense

Krav Maga:

Club defense 1 _____ 2 _____

Bear hug defense 1 _____ 2 _____

Krav Choke defense = Front _____ Front push _____ side _____

back push _____ back pull _____ headlock from side _____

Krav attacks = 360 blocks _____ inside blocks _____

Attacks: rising front kick _____ knee _____ round house _____

hammer fist front _____ hammer fist side _____ power elbows _____ palm strike _____

Clench work: sprawl _____ hold _____ switch _____ Attack _____

Muay Thai flows: 1: jab/cross: _____ 2: elbow/knee _____

3: push kick + round _____ 4: hook/uppercut _____ 5: push kick/ 360 round _____

6: flying knee/outside knee _____ 7: superman punch/spin back fist _____

Wrist Defense: Single _____ Double _____

Rolls/Falls: Forward Roll _____ Forward Fall _____ Backward Roll _____

Side fall _____ Break fall _____