

Name:

Date:

Rank:

Standards of Performance, Kyus 1-9 – Kihon

Rev. October 2019

	Kyu 6-9 Performance Score = 3-5 ea	Kyu 4-5 Performance Score = 6-8 ea	Kyu 1-3 Performance Score = 9-10 ea	Comments & Score
Punch, Block, and Strike Techniques	Corrects stances for each technique. Hands and feet are in proper set and execute positions.	Majority of stances are low and well-formed. Hands and feet execute with proper timing. Uses opposing motions.	Stances are low and well-formed. Stances solid during transitions.	
Kick Techniques	Shows some snap on kicks.	Legs lock and relax appropriately. Snap and thrust kicks are proper form and differentiated. Knows proper hand positions and postures.	Kicks are well-formed, fluent, and focused. Consistently uses proper hand positions and postures.	
Center of Energy	Uses some hip rotation.	Stays low and level during transitions. Hip rotation is properly timed.	Some techniques are initiated from center.	
Focus	Demonstrates some lead of the body by the head. Kiai at appropriate movements.	Eyes always focused on target. Techniques are on-target 80% of time. Kiai has proper breathing.	Most movements led by head and eye focus. Kiai is forceful and focused on impact.	
Combinations (Formal and Fighting Stances)	Can apply stance transitions. Shows some sense of cadence. Confidently performs proper sequence and techniques.	Consistent stance transitions. Variation of speed and cadence appropriate for movements. Applies expansion and contraction.	Cadence is consistent with power and speed. Can execute multiple techniques on hip rotations. Can perform and design impromptu combinations. Power applied at proper times.	
Power and Speed	<i>Not required</i>	Uses opposing motions with arms and legs. Uses rotation and snap of limbs at end of techniques. Shows ability to accelerate at will. Techniques capable of unbalancing an opponent.	Demonstrates speed from center of body at times. Techniques capable of disabling an opponent.	
Knowledge	Knows meaning and focal point of techniques.	Knows majority of Japanese terminology. Can teach to others.	Can interpret & demonstrate each movement. Knows all Japanese terminology.	
Participation	Minimum of 3 months of regular class attendance and practice since last kyu test.	Practices consistent dojo etiquette. Minimum of 4 months of regular class attendance and practice since last kyu test.	Minimum of 6 months regular class participation, practice since last kyu test. Displays excellent dojo etiquette.	
These criteria apply to all of the student's requirements – up to and including their current rank. Higher levels of performance require competency in all lower performance criteria as well.				

Name:

Date:

Rank:

Standards of Performance, Kyus 1-9 – Kata

Rev. October 2019

	Kyu 6-9 Performance Score = 3-5 ea	Kyu 4-5 Performance Score = 6-8 ea	Kyu 1-3 Performance Score = 9-10 ea	Comments & Score
Physical Technique	Confidently performs proper sequence and techniques	Stances are consistently low and well-formed.	All hand techniques are well-formed. Stances are solid during all transitions.	
Focus	Can perform without count or prompts. Kiai at appropriate movements.	Eyes always focused on target. Techniques are on-target. Kiai has proper breathing.	All movements led by head and eye focus. Kiai is forceful and focused on impact.	
Power and Speed	Shows some sense of cadence	Variation of speed and cadence appropriate for movements	Cadence is consistent with power and speed. Rapid and continuous technique majority of time. Power applied at proper times.	
Visualization	Demonstrates some lead of the body by the head.	Demonstrates some seeing of the opponent	Demonstrates seeing of the opponent consistently	
Knowledge	Demonstrates proper etiquette Knows meaning	Knows type. Knows number of movements. Knows basic Japanese terminology. Can teach to others.	Can interpret & demonstrate each movement. Can state origin, history & significance. Knows majority of Japanese terminology.	
These criteria apply to all of the student's katas – up to and including their current rank. Higher levels of performance require competency in all lower performance criteria as well.				

Name:

Date:

Rank:

Standards of Performance, Kyus 1-9 – Kumite

Rev. October 2019

	Kyu 6-9 Performance Score = 3-5 ea	Kyu 4-5 Performance Score = 6-8 ea	Kyu 1-3 Performance Score = 9-10 ea	Comments & Score
Effective Engagement	Respects one's own and the practice opponent's learning process. Is prepared to be hit.	Uses control for opponent's safety. Uses proper eye focus. Uses proper distance. Effective use of kiai. Looks for and attacks the opponent's open areas.	Protects opponent in potentially dangerous practice engagements. Engages and apportions energy to win. Can demonstrate basic strategies for multiple attackers. Assertively hits open targets.	
Stance and Footwork	Knows how and when to transition stance.	Shows stance transitions at proper times. Can get to and fight from the side.	Uses stance transitions to one's advantage. Can move effectively in all directions. Can fight from multiple angles.	
Hand Techniques	Confidently performs and times techniques in 5-step sparring.	Knows timing of 3-step techniques. Techniques are on-target. Demonstrates use of 2-4 combinations.	Uses multiple, varying, and changing angle hand techniques. Can open the opponent's defense.	
Kick Techniques	Uses some variation of kicks.	Can attack to mid-section, groin, knees, and feet. Can use knee raise for defense.	Can use sweep to unbalance opponent.	
Falls and Throws	<i>Not required</i>	Falls safely. Knows one basic throw.	Can execute throws in practice.	
Timing	Understands offense and defense.	Can advance and retreat at appropriate times.	Shows significant variation of speed and power. Can break opponent's cadence. Can attack effectively on transition to defense. Uses element of surprise.	
Knowledge	Knows all practice rules.	Knows basic Japanese terminology. Works with others to improve effectiveness.	Knows level of force to be used in each situation. Knows majority of Japanese terminology.	
Contact Self-Defense	Demonstrates technique effectively and confidently. Uses kiai. Effectively moves out of range.	Can perform techniques impromptu with teacher. Uses body position and range effectively. Uses effective timing. Can exert pain to attacker.	Can take control and disable attacker. Can demonstrate various levels of technique appropriate for attack.	
These criteria apply to all of the student's kumite – up to and including their current rank. Higher levels of performance require competency in all lower performance criteria as well.				Total Score

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