

Name:

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## Standards of Performance – Kihon

Rev. March 22, 2009

	<b>Kyu 6-9 Performance</b> Score = 3-5 ea	<b>Kyu 4-5 Performance</b> Score = 6-8 ea	<b>Kyu 1-3 Performance</b> Score = 9-10 ea	<b>Score (Student/Sensei)</b> <b>Comments</b>	<b>Shodan Performance</b>
<b>Technique</b>	Corrects stances between movements. Hands and feet are in proper set and execute positions. Shows some snap on kicks.	Majority of stances are low and well-formed. Legs lock and relax appropriately. Hands and feet execute with proper timing. Snap and thrust kicks are proper form and differentiated. Uses opposing motions.	Stances are low and well-formed. Stances solid during transitions. Kicks are well-formed, fluent, and focused. Can demonstrate all techniques with proper form.		Demonstrates proper and consistent form of all techniques.
<b>Center of Energy</b>	Uses some hip rotation.	Stays low and level during transitions. Hip rotation is properly timed.	Techniques are consistently from center.		Possesses exceptional aerobic capacity and stamina. Performs the majority of technique with confidence.
<b>Focus</b>	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.	All movements led by head and eye focus. Kiai is forceful and focused on impact.		Demonstrates proper focus executed from center on all techniques.
<b>Combinations</b>  <b>(formal and fighting stances)</b>	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 extension and contraction.	Cadence is consistent with power and speed. Rapid and continuous technique majority of time. Can execute multiple techniques on hip rotations. Can perform and design impromptu combinations. Power applied at proper times.		Transitions are performed with proper form and timing, and can incorporate speed and power.
<b>Speed</b>	<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.	Demonstrates speed from center of body at any time.		Demonstrates appropriate speed at will.

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<b>Power</b>	<i>Not required</i>	Techniques capable of unbalancing an opponent.	Techniques capable of disabling an opponent.		Demonstrates disabling power at will.
<b>Knowledge</b>	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.		Successfully completes a written test. Teaching is a practiced competency.
<b>Participation</b>	Minimum of 3 months of regular class attendance and practice since last kyu test.		Minimum of 6 months regular class attendance and practice since last kyu test. Displays excellent dojo etiquette.		
<p>These criteria apply to students in kyus 1-9.            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.</p>					

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**Standards of Performance – Kata**

Rev. March 22, 2009

	<b>Kyu 6-9 Performance</b> Score = 3-5 ea	<b>Kyu 4-5 Performance</b> Score = 6-8 ea	<b>Kyu 1-3 Performance</b> Score = 9-10 ea	<b>Score (Student/Sensei)</b> <b>Comments</b>	<b>Shodan Performance</b>
<b>Physical Technique</b>	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.		Demonstrates proper and consistent form of all techniques.
<b>Focus</b>	Demonstrates some lead of the body by the head. Kiai at appropriate movements. Can perform without count or prompts.	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.		Demonstrates proper focus executed from center on all techniques.
<b>Cadence and Speed</b>	Shows some sense of cadence	Variation of speed and cadence appropriate for movements	Cadence is consistent with power and speed.		
<b>Power</b>	<i>Not required</i>	<i>Not required</i>	Rapid and continuous technique majority of time. Power applied at proper times.		Demonstrates convincing power.
<b>Visualization</b>	<i>Not required</i>	<i>Not required</i>	Demonstrates some seeing of the opponent		Can demonstrate kata with practical application of all movements.
<b>Knowledge</b>	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.		Clearly shows and can describe function of each movement. Demonstrates interpretation of one entire kata.
These criteria apply to students in kyus 1-9. 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.					

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## Standards of Performance – Kumite

Rev. March 22, 2009

	<b>Kyu 6-9 Performance</b> Score = 3-5 ea	<b>Kyu 4-5 Performance</b> Score = 6-8 ea	<b>Kyu 1-3 Performance</b> Score = 9-10 ea	<b>Score (Student/Sensei)</b> <b>Comments</b>	<b>Shodan Performance</b>
<b>Effective Engagement</b>	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.	Protects opponent in potentially dangerous practice engagements. Engages and apportions energy to win. Can demonstrate basic strategies for multiple attackers.		Possesses ability to strike at will. Can successfully engage with one, two, or more opponents.
<b>Stance and Footwork</b>	Knows how and when to transition stance.	Shows stances 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.		
<b>Hand Techniques</b>	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. Looks for and attacks the opponent's open areas.	Uses multiple, varying, and changing angle hand techniques. Can open the opponent's defense. Assertively hits open targets.		
<b>Leg Techniques</b>	Can use knee raise for defense. Uses some variation of kicks.	Can attack to mid-section, groin, knees, and feet.	Can use sweep to unbalance opponent.		
<b>Take-downs</b>	<i>Not required</i>	Falls safely. Knows one basic throw.	Executes throws in practice. Falls safely.		Can throw opponent in free-sparring. Can take hard falls safely. Can protect an opponent from hard falls.
<b>Timing</b>	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.		Possesses ability to strike at will.

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<b>Knowledge</b>	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.		Demonstrates the appropriate level of force.
<b>Self-Defense</b>	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.		Performs successfully with one or two attackers. Demonstrates impromptu defenses.
These criteria apply to students in kyus 1-9. Higher levels of performance require competency in all lower performance criteria as well.					
<b>Total Score</b>					