

Student Evaluation Form

Date: _____

Junior, Advanced – Promotion to 2nd Brown, 1st Brown, and Black Belts

Red Techniques

- Shield and Sword
- Begging Hands
- Thrusting Wedge
- Flashing Wings
- Snaking Talon

Red/Black Belt

- Shield and Mace
- Gripping Talon
- Flashing Mace
- Destructive Twins
- Escape from Darkness

Junior Black Belt

- Menacing Twirl
- Leap from Danger
- Calming the Storm
- Brushing the Storm
- Thrusting Lance

Intermediate Basics

**Includes all Beginning and Intermediate Basics, plus the following:*

Stances

- Concave stance
- Rear bow (left/right)
- Rotating twist stance (left/right)

Forms

- Red Short Form 3 _____
- R/B Staff Set _____
- Black Two Man Set _____
- Black Personal Form _____

Foot maneuvers

- Forward jump
- Reverse jump
- Forward leap
- Reverse leap
- Forward roll
- Back break fall

Blocks & Parries

- Horizontal downward forearm block
- Vertical inward forearm block
- Vertical outward forearm block
- Upward parry
- Horizontal inward palm heel parry
- Horizontal outward palm heel parry
- Vertical upward palm heel parry
- Vertical downward palm heel parry
- Inward elbow block
- Outward elbow block
- Upward elbow block
- Downward elbow block
- Inside downward elbow block

Strikes

- Inverted vertical roundhouse punch
- Looping overhead punch
- Hooking punch
- Inside vertical forearm strike
- Outward palm heel
- Overhead palm heel
- Rear stiff arm palm heel
- Side finger thrust
- Back finger thrust (cross over shoulder)

Hand Strikes (cont'd)

- Back claw (cross over shoulder)
- Underhand claw
- Upward claw
- Blocking punch
- Front back knuckle (stiff arm lift)
- Obscure vertical elbow strike (front)
- Outward diagonal reverse handsword
- Underhand whip
- Back finger whip (over shoulder / below waist)
- Horizontal finger slice
- Reverse horizontal finger slice

Kicks

- Front scoop kick
 - Back scoop kick
 - Side chicken kick
 - Front chicken kick (forward leg-rear leg)
 - Front chicken kick (rear leg-forward leg)
 - Front stomp kick
 - Side stomp kick
 - Back stomp kick
 - Front cross side stomp kick
 - Rear cross side stomp kick
 - Front roundhouse sweep
 - Reverse roundhouse sweep
- _____
- _____
- _____

Instructor: _____