

Student Evaluation Form

Date: _____

Junior, Intermediate – Promotion to Blue, Green, & 3rd Brown Belts

Blue Techniques

- Thrusting prongs
- Repeating Mace
- Locked Wing
- Leaping Crane

Green Belt

- Charging Ram
- Parting Wings
- Cross of Destruction
- Hooking Wings

Brown Belt

- Spiraling Twig
- Thundering Hammers
- Gift in Return
- Evading the Storm

Creeds

- First Creed
- Second Creed
- Third Creed
- Fourth Creed

Forms

- Blue Short Form 2 _____
- Blue Kicking Set _____
- Green Long Form 2 _____
- Green Finger Set _____
- Brown Coordination Set _____

Intermediate Basics

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

Stances

- One-legged stance
- 90° Cat
- 45° Cat
- Front twist (left/right)
- Rear twist (left/right)
- Wide kneel (left/right)
- Close kneel (left/right)

Foot Maneuvers

- Push-drag forward
- Push-drag reverse
- Front crossover forward
- Front crossover reverse
- Rear crossover forward
- Rear crossover reverse

Instructor: _____

Blocks & Parries

- Inside downward, palm up
- Inside downward, palm down
- Push down block
- Inside downward parry
- Outside downward parry

Hand Strikes

- Vertical back knuckle snap
- Vertical back knuckle thrust
- Uppercut punch
- Roundhouse punch
- Forward horizontal forearm
- Inward diagonal inner wrist
- Inward horizontal palm heel
- Underhand palm heel
- Overhead whip

Kicks

- Spinning back kick
- Front shovel kick
- Back shovel kick

Basics – student should be HIGHLY PROFICIENT with all Beginner Basics at promotion to Purple Belt; PROFICIENT with Intermediate Basics for promotion to Blue Belt – and HIGHLY PROFICIENT with all Intermediate Basics for promotion to Green Belt.