

								<p style="text-align: center;">COMMENTS</p> <p style="text-align: center;">↓</p>
Observe	Bow-in Knowledge	STUDENT NAME	STUDENT NAME	STUDENT NAME	STUDENT NAME	STUDENT NAME	STUDENT NAME	
Natural Stance Mid-Section Strikes	Hand Position							
	Push/Pull Action							
	Shindo to Body Lock							
	Hand Rotation							
	Angle of Grip							
	Remaining in Contact							
Zenkutsu Dachi High/Low Strikes Moving Forward	Hip Action							
	Hand Position							
	Stance Form							
	Hand Change							
Thrusting Concept of Grip	Close Thrust							
	Long Thrust							
Cross Body Block	Coverage							
	Hand Positions							
	Push/Pull Action							
Triple Strike Combo Areas	Focus							
	Collarbone							
	Rib							
	Thigh							
Two-Line Techniques • Osato Uki • Sokui Uki	Understanding of Application							
	Application with Partner							
TOTALS								
							UP TO 3 POINTS PER TECHNIQUE	



DATE:

GRADED BY:

STUDENT NAME
 STUDENT NAME
 STUDENT NAME
 STUDENT NAME
 STUDENT NAME
 STUDENT NAME

COMMENTS



		STUDENT NAME	STUDENT NAME	STUDENT NAME	STUDENT NAME	STUDENT NAME	STUDENT NAME
Presentation	Bow in/out						
	Holding Shindo						
	Poise						
General	Completion						
	Acceptable Speed						
	Power						
	Level of Sequencing						
Specific	Technique Placement						
	Sokui Uki						
	Osato Sequence						
	Hand Change						
	Bunting Sequence						
	Thirds Grip						
	Angle of Grip						
Hand Rotation							
TOTALS							
TOTALS FROM PAGE 1							
GRAND TOTAL							
(P) PASS - (F) FAIL							

UP TO 3 POINTS PER TECHNIQUE
 TOTAL MARKS: 126 POINTS
 PASS MARK: 75 POINTS
 DISCRETIONARY MARK: 5 POINTS

ADDITIONAL COMMENTS