

First Degree Black Belt
12 months

Student Name: _____

Date: _____ Evaluator: _____

1. Line 1 (1-10): _____

1. Basic Techniques (1-10) _____

1: _____ 2: _____ 3: _____ 4: _____ 5: _____

1. Foundation Form (1-20): _____

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Date: _____ Evaluator: _____

2. Line 2 (1-10): _____

2. Punch Techniques (1-10) _____

1: _____ 2: _____ 3: _____ 4: _____ 5: _____

2. Falls and Rolls (1-5) _____

1: _____ 2: _____ 3: _____ 4: _____ 5: _____

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3. Line 3 (1-10): _____

3. Grab Techniques (1-10) _____

1: _____ 2: _____ 3: _____ 4: _____ 5: _____

3. Counter Grapples (1-5) _____

1: _____ 2: _____ 3: _____ 4: _____ 5: _____

3. Locks (1-5) _____

1: _____ 2: _____ 3: _____ 4: _____ 5: _____

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4. Line 4 (1-10): _____

4. Kick Techniques (1-10) _____

1: _____ 2: _____ 3: _____ 4: _____ 5: _____

4. Bo Double Fast Spin (1-5): _____

4. Ki Principles (1-5) _____

1: _____ 2: _____ 3: _____ 4: _____ 5: _____

4. Throws (1-5) _____

1: _____ 2: _____ 3: _____ 4: _____ 5: _____

4. Takedowns (1-5) _____

1: _____ 2: _____ 3: _____ 4: _____ 5: _____

4. Escapes (1-5) _____

1: _____ 2: _____ 3: _____ 4: _____ 5: _____

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Date: _____ Evaluator: _____

5. Line 5 (1-10): _____

5. Grapple Techniques (1-10) _____

1: _____ 2: _____ 3: _____ 4: _____ 5: _____

5. Protector (1-30): _____

5. Bo Set (1-5): _____

5. Two Man Open Hand Set 1 (1-10): _____

5. Grapple Drops (1-5) _____

1: _____ 2: _____ 3: _____ 4: _____ 5: _____

5. Grapple Defenses (1-5) _____

1: _____ 2: _____ 3: _____ 4: _____ 5: _____

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Date: _____ Evaluator: _____

6. Line 6 (1-10): _____

6. Ground Techniques (1-10) _____

1: _____ 2: _____ 3: _____ 4: _____ 5: _____

6. Bo Form (1-20): _____

6. 2-man Open Hand Set 2 (1-10): _____

6. Escrima Set (1-5): _____

6. Grapple Finishes (1-5) _____

1: _____ 2: _____ 3: _____ 4: _____ 5: _____

6. Breaking (1-20): _____

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Date: _____ Evaluator: _____

7. Line 7 (1-10): _____

7. Protection Techniques (1-10) _____

1: _____ 2: _____ 3: _____ 4: _____ 5: _____

7. Escrima Form (1-20): _____

7. 2-man Club to Knife Set (1-10): _____

7. Kiatsu (1-5): _____

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Date: _____ Evaluator: _____

8. Line 8 (1-10): _____

8. Club Techniques (1-10) _____

1: _____ 2: _____ 3: _____ 4: _____ 5: _____

8. Reaction Techniques (1-10) _____

1: _____ 2: _____ 3: _____ 4: _____ 5: _____

8. 2-man Bo to Bo Set (1-10): _____

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Date: _____ Evaluator: _____

9. Reaction Techniques (1-10) _____

1: _____ 2: _____ 3: _____ 4: _____ 5: _____

9. Line 9 (1-10): _____

9. Knife Techniques (1-10) _____

1: _____ 2: _____ 3: _____ 4: _____ 5: _____

9. Defender (1-40): _____

9. 2-man Bo to Escrima Set (1-10): _____

9. Tonfa Set (1-5): _____

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Date: _____ Evaluator: _____

10. Reaction Techniques (1-10) _____

1: _____ 2: _____ 3: _____ 4: _____ 5: _____

10. Line 10 (1-10): _____

10. Gun Techniques (1-10) _____

1: _____ 2: _____ 3: _____ 4: _____ 5: _____

10. Tonfa Form (1-20): _____

10. 2-man Open Hand Set 3 (1-10): _____

10. Nunchaku Set (1-5): _____

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Date: _____ Evaluator: _____

11. Guardian Series F-D (1-80): _____

11. Plain Clothes Terrain Sparring I (1-20): _____

11. Plain Clothes Terrain Sparring II (1-20): _____

11. Plain Clothes Free Sparring (1-20): _____

11. Two Man Strike Sparring (1-20): _____

11. Grapple Sparring (1-20): _____

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T. Advanced Reaction Techniques - Protection, Club, Knife, Gun (1-10) _____

1: _____ 2: _____ 3: _____ 4: _____ 5: _____

6: _____ 7: _____ 8: _____ 9: _____ 10: _____

T. Guardian [1-100] (1-30): _____

T. Nunchuk Form (1-30): _____

T. Sword Set (1-5): _____

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BONUS ITEMS

CPR/First Aid Card (1 know, 2 both cards expired,
3 one card expired with one valid card, 4 valid cards, 5 teach): _____

Extra Participation - Seminars, Tournaments, Helps, etc. (1-5): _____

NBBC (3 - first time through, 5 - two or more times through): _____

NBBC Summaries (1 - some, 2 - behind but keeping pace, 5 - current): _____

Summary Exploration Essay (1-5): _____

This is an essay exploring in detail some subject of a lecture or discussion of interest to the student.
For good writing, a student can expect about one point per 500 words (one page typed).

Bonus Subject Exploration Essay (1-5): _____

This is an essay exploring some subject relevant either to martial arts or faith that is of interest to the student.
For good writing and logical thinking, a student can expect about one point per 500 words (one page typed).
This essay may argue against the subject of a discussion or against a statement made in class, or it may explore a subject only touched on collateral to a main topic. It may also involve any other martial arts subject or a subject discussed in church. Note that if references are used, those references should be cited. Notes should be included if discussing a sermon, including who gave the message and at which church.

Leadership (2 - Junior Leader, 3 - Assistant Instructor, 5 - Uncertified Instr.): _____

Outside Leadership (1 - Professional Supervision, 2 - Professional Management,
3 - Volunteer Supervision, 4 - Volunteer Management,
5 - Volunteer Management Coordinator): _____

Teaching (1 - Certified Instr., 2 - Asst. Duties, 3 - Class, 4 - three or more Classes,
5 - own school or five or more classes): _____

Massage (1-3, 4 licensed, 5 teacher): _____

Page Total: _____

Possible: 1595 Passing: 1036.75 TOTAL: _____

