



GUARDIAN KEMPO ACADEMY

OF CHRISTIAN MARTIAL ARTS

“The Fighting Principles of One Who Guards and Protects”

RISK EXCELLENCE

- Seize the Day • Take Control • Have the Power, Strength and Courage to Beat Any Odds •
- Defeat Any Foe • Shatter all Limits • and Be All that GOD Designed You to Be • It's Time •

RANK SKILL EVALUATIONS and BELT TESTS

Every Member should expect to be evaluated every month. Evaluations and Belt Tests may also be scheduled before or after classes for those who need to do make up evaluations or need to evaluate early to accommodate a vacation.

On some skills, Certified Instructors may evaluate many Members at the same time. Some skills, such as Lines, Falls and Rolls, etc. lend themselves to such evaluation. In other skills, Members may be evaluated in pairs, such as Two Man Sets and Sparring.

Members are expected to know the skills on each evaluation well enough to perform them without thinking about them. Certified Instructors will give commands, and the Member should be able to move immediately. For example, if a Member is testing on Punch Techniques, the Certified Instructor may call for the full set at once and have the partner punch without giving the Member time to think about the next technique. Since each evaluation only tests a handful of skills, this should not be a problem for a dedicated Member.

Belt Tests and Skill Evaluations will be scored by Certified Instructors.

IN CASE OF ERROR...

If a Member misses an Evaluation or a Belt Test, or if a Member makes a non-passing error, the evaluation, test or unpassed item may be repeated before or after subsequent classes, or at any time scheduled at the mutual convenience of the Member and Certified Instructor.

Since the Member knows exactly what he failed, he should arrange a Private Lesson before trying again if there is any question about the skill. Private Lessons may be given by any Certified Instructor authorized to teach privately, or the student may train informally with a senior student.

If more attempts are required (such as a failed item when the Member first tested before or after class due to a vacation or illness), a Private Lesson may be arranged to retest that item.

TEST SCORES

	<u>percent</u>	<u>5 point</u>	<u>10 point</u>	<u>20 point</u>
Perfect Score	80%	4.0	8.0	16.0
Good Score	65%	3.25	6.5	13.0
Passing Score*	50%	2.5	5.0	10.0

*the item need not be repeated, but the new belt cannot be earned unless the average score is 65%

The Base Score for each item is 80% of the possible score (4 of 5, 8 of 10, 16 of 20). Scoring 80% is considered a “perfect” score.

Members must score 50% on each item to pass that item. Any failed items are noted and will be evaluated again at a later time. If there are too many items for a single reevaluation, then they will be split up between multiple evaluations. This is at the discretion of the Certified Instructors.

To pass a Belt Test, a Member must score 65% or more of the total points possible.

If all items have been passed, but the total score is not 65% or more, the Member may select items from the Rank Skill Evaluations to be evaluated again, with as many evaluations scheduled as necessary to obtain a sufficient score. This should be done prior to the Belt Test, but may be done afterwards. The Belt Test is not considered completed until the accumulated score is high enough to pass the Belt Test. Members should track their points evaluation by evaluation to make certain they are maintaining high enough scores to pass their Belt Test.

If a Member fails an item on a Belt Test, then the item is retested.

Protocol Caution: It is inappropriate to argue with an instructor over a score, but Members may ask an instructor to explain why a particular score was given. This should be done as soon as possible after the evaluation at a time convenient to the instructor. Note that any Member arguing with an instructor or displaying an inappropriate attitude may be automatically failed on all items being evaluated on that day. Severe violations may result in multiple evaluations being failed, suspension or expulsion.

Additional Requirements: Instructors in Guardian Kempo have a right to provide additional requirements for students, a practice normally used only with minors with the consent of parents. Common requirements might include Weekly Worksheets for chores expected at home for younger students, maintaining grades at a certain level - usually “B” or higher - or maintaining citizenship requirements. In some circumstances, essays may be assigned for a student to demonstrate that he understands some particular issue that has been shown to be a problem area.

Extra Credit: Extra credit is often available. See the bracketed items on your Belt Tests.

ATTENTION MINORS. Parents of minors have the right and power to veto a Rank Promotion. In the event the parents are separated and disagree, preference shall be given to a parent attending class with a minor, followed by a parent who is primarily responsible for bringing a minor to class, followed by a parent who is paying for the class. In this case, Members will evaluate and test on schedule, but award of the rank will be withheld at the request of a parent until the parent gives his or her permission for the Member to receive his or her belt.

SCORING

Standard Deductions

Points	Note	Penalty
3.0	Crit	Missing Critical Move
2.0	MM	Missing an Important Move
1.0	Stall	Stalling - a long thinking pause.
1.0	LAT	Not Looking At Targets
0.5	Sstr	Stuttering - a brief, quickly fixed pause.
0.5	Side	Doing the Wrong Side on Symmetrical Attack
0.5	Kiai	Missed Kiai

Standard Deductions are the typical point deduction for making a particular type of error. Certified Instructors have some discretion on the scoring, and may reduce the penalty if the effect was minimized by the quick thinking of the Member.

For example, an instructor may reduce the penalty for making a critical move error in a technique if the Member performed an adequate block that would have alleviated the harm of the mistake in a real fight.

Variable Deductions

Point Spread	Note	Penalty
0.5 – 2.0	CU	Clean Up*
0.5 – 2.0	Stnc	Stances
0.5 – 2.0	Pwr	Power
0.5 – 2.0	Spd	Speed
0.5 – 2.0	Fcs	Focus
0.5 – 2.0	Flow	Flow
0.5 – 2.0	Form	Proper Form in Execution
0.5 – 2.0	FP	Foot Position
0.5 – 2.0	G	Guard
0.5 – 2.0	S/R	Side Thrust and Roundhouse Appears Same
0.5 – 2.0	Ch	Chambering After Move
0.5 – 2.0	Relax	Too Tight

* Clean Up is a generic deduction when there wasn't a particular thing wrong, but rather several minor details that need to be cleaned up to make the overall performance better.

Certified Instructors have discretion within the point spread. The magnitude of the deduction will vary by rank and Member. For example, an "S/R" error may only be half-a-point at Yellow Belt but two points at Green Belt. A "Pwr" deduction might only be half-a-point for a shy child but two points for a strong adult.

Additional Deductions

Certified Instructors have discretion to make additional deductions, but they will normally explain the nature of the deductions on the Evaluation Form. For example, if a Member is deducted points because she sticks her tongue out when she concentrates, then that fact would be noted. Likewise if deductions are made for other specific reasons, like moving with anger to generate power, that will be noted.

Bonus Points

Certified Instructors may award bonuses for performance above the expectations of the rank for the Member. Generally a 10% increase is possible (0.5 on 5, 1 on 10, 2 on 20) for performance more than a full rank above the rank of the Member. Perfect scores will probably never be achieved, since that implies that the form could not be done better, but if a score exceeds 90% of possible points, then the Member has probably mastered that particular skill to beyond a Black Belt level.

Members may advise instructors that they would like to be tested at a higher level on a given skill, but failure often means more serious deductions for reaching for too much. For example, if a Member asks to be tested two belts higher on a set of techniques, and the Member makes a mistake at that level, the deductions are taken from the normal base score with a 10% penalty, since the Member reached for too much. The time to reach beyond the rank is in training, not on tests.

EVALUATION SCORES

Simply passing a Belt Test in Guardian Kempo is a major accomplishment. If a Member passes a Belt Test with no more than one extra evaluation, then they are doing very, very well. A total score of 80% of the total possible points would be considered a “perfect” score. That would mean that every single skill was performed at the level expected of the rank with no mistakes, or that all deductions were compensated for by higher than base scores on other items, which is rare.

Everyone can succeed at Guardian Kempo. Everyone. Even if you are having trouble with a skill, the worst case scenario is that you retest that particular skill several months in a row until you can do it well, and then you move on to your next belt.

Note that every Member performs everything they know at every belt.

That means that all students must always retain competence at all skills. There is never a time or rank in Guardian Kempo during which a student may simply stop practicing without sacrificing his ability to progress in rank. If you want a Black Belt, you have to keep up with all your material through all your ranks.

Not only do we expect students to retain all their rank material belt by belt, we also expect students to improve at every belt. That requires ongoing practice above and beyond time in class. You always have homework, and you should practice daily if you really want to excel at Guardian Kempo (or anything else in life).

Remember to keep training, preparing for classes, getting the most out of class and improving every day, and practicing after classes. The more you invest in your training, the more you will get out of it. As trite as that sounds, it is so often said because it is so true.

White Belt
(10th degree)
2 months

Student Name: _____

Date: _____ Evaluator: _____

1. Protocols (1-10): _____

1. Line 1 (1-10): _____

.....
Date: _____ Evaluator: _____

T. Basic Techniques (1-10) _____

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

T. Foundation Form 1-20 (1-10): _____

Possible: 80 Passing: 52 TOTAL: _____

COMMENTS: _____

Adv. White Belt

(9th degree)

3 months

Student Name: _____

Date: _____ Evaluator: _____

1. Line 1 (1-10): _____

1. Basic Techniques (1-10) _____

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

.....
Date: _____ Evaluator: _____

2. Foundation Form 1-40 (1-20): _____

.....
Date: _____ Evaluator: _____

T. Line 2 (1-10): _____

T. Punch Techniques Shadow (1-10) _____

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

T. Falls and Rolls (1-5) _____

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

T. Slow Motion Strike Sparring (1-20): _____

Page Total: _____

Yellow Belt
(8th degree)
4 months

Student Name: _____

Date: _____ Evaluator: _____

1. Line 1 (1-10): _____

1. Basic Techniques (1-10) _____

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

.....

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: _____

.....

Date: _____ Evaluator: _____

3. Foundation Form 1-55 (1-20): _____

3. Strike Sparring (1-20): _____

Page Total: _____

Member Name: _____

Yellow Belt

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Date: _____ Evaluator: _____

T. Line 3 (1-10): _____

T. Grab Techniques (1-10) _____

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

T. Counter Grapples (1-5) _____

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

T. Locks (1-5) _____

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

BONUS ITEMS

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

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).

Page Total: _____

Possible: 295

Passing: 192

TOTAL: _____

COMMENTS: _____

Adv. Yellow Belt
(7th degree)
5 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): _____

.....

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: _____

Page Total: _____

Member Name: _____

Advanced Yellow Belt

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Date: _____ Evaluator: _____

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: _____

.....

Date: _____ Evaluator: _____

4. Strike Sparring (1-20): _____

T. Line 4 (1-10): _____

T. Protector 1-30 (1-10): _____

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

Page Total: _____

Member Name: _____

Advanced Yellow Belt

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Date: _____

Evaluator: _____

T. Kick Techniques (1-10) _____

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

T. Ki Principles (1-5) _____

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

T. Throws (1-5) _____

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

T. Takedowns (1-5) _____

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

T. Escapes (1-5) _____

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

Page Total: _____

Purple Belt
(6th degree)
6 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: _____

Page Total: _____

Member Name: _____

Purple Belt

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Date: _____ Evaluator: _____

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: _____

Page Total: _____

Member Name: _____

Purple Belt

.....
Date: _____ Evaluator: _____

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: _____

.....
Date: _____ Evaluator: _____

5. Strike Sparring (1-20): _____

5. Throws (1-5) _____

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

5. Takedowns (1-5) _____

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

5. Escapes (1-5) _____

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

Page Total: _____

Member Name: _____

Purple Belt

.....

Date: _____ Evaluator: _____

T. Line 5 (1-10): _____

T. Grapple Techniques (1-10) _____

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

T. Protector (1-30): _____

T. Bo Set (1-5): _____

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

T. Grapple Drops (1-5) _____

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

T. Grapple Defenses (1-5) _____

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

Page Total: _____

Member Name: _____

Purple Belt

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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).

Page Total: _____

Possible: 615

Passing: 400

TOTAL: _____

COMMENTS: _____
