

LIL' DRAGONS Category: BASICS	Student:		Instructor:		Evaluation Week:
JAB PUNCH (both hands)	General Idea, Enthusiasm	Using Front Hand most of the time. Enthusiasm	Always Front Hand, Good Kihaps. Enthusiasm	Quick return. Good Kihaps. Enthusiasm	Good Stance, Quick return Good Kihaps. Enthusiasm
CROSS PUNCH (both hands)	General Idea, Enthusiasm	Using Back Hand most of the time. Enthusiasm	Always Back Hand, Good Kihaps. Enthusiasm	Quick return. Good Kihaps. Enthusiasm	Good Stance, Quick return Good Kihaps. Enthusiasm
CENTER PUNCH (both hands)	General Idea, Enthusiasm	Enthusiasm. Good Kihap. Decent Contact.	Wrist Straight. Knuckle Contact. Good Kihap.	Proper Framing, Control Off Hand. Good Kihap.	Quick Punch. Good Frame. Good Kihap.
LOW BLOCK (both hands)	General Idea, Enthusiasm	Show idea of Framing. Enthusiasm.	Blocking with Correct Hand for Frame. Energy.	Good Frame. Decent Block. Enthusiasm.	Good Frame. Good Block. Enthusiasm.
HIGH BLOCK (both hands)	General Idea, Enthusiasm	Show idea of Framing. Enthusiasm.	Blocking with Correct Hand for Frame. Energy.	Good Frame. Decent Block. Enthusiasm.	Good Frame. Good Block. Enthusiasm.
MAKE PROPER FIST (both hands)	Thumb placement.	Thumb Placement. Don't Squeeze Tight.	Thumb Placement. Relax Hand. Knuckle Impact.	Thumb Placement. Relaxed Hand. Impact.	Relax...Relax...Hard for quick and good fists.
SIDE KICK (both legs)	General Idea, Enthusiasm	General Idea, Knows how many stages to the kick.	Can demonstrate the stages to this kick. Energy	Decent Framework. Good Kick. Good Kihap.	Good Framework. Good Kick. Good Kihap.
FRONT KICK (both legs)	General Idea, Enthusiasm	General Idea, Knows how many stages to the kick.	Can demonstrate the stages to this kick. Energy	Decent Framework. Good Kick. Good Kihap.	Good Framework. Good Kick. Good Kihap.
ROUND KICK (both legs)	General Idea, Enthusiasm	General Idea, Knows how many stages to the kick.	Can demonstrate the stages to this kick. Energy	Decent Framework. Good Kick. Good Kihap.	Good Framework. Good Kick. Good Kihap.
1 FOOT BALANCE (both legs)	Tries without goofing off too much.	Can hold one foot at ankle height for at least 5 sec.	Can hold foot at ankle height for at least 15 sec.	Can hold foot at calf height for at least 20 sec.	Can hold foot at knee height for at least 20 sec.
FRONT STANCE BALANCE	Can get into general idea of stance. Enthusiasm.	General idea of stance. Kihap. Enthusiasm.	Keeps knee bent in stance. Kihap. Enthusiasm.	Knee Bent, Belly Button Straight, Steps Forward.	Solid Stance with Step Forward. Enthusiasm.
WALKING BALANCE	Tries to balance pad, straps down, best as can	Tries to keep pad on head, straps down for 1 step.	Tries to keep pad on head, straps down for 2 steps.	Keep pad on head, straps up for 1 step, both ways.	Keep pad on head, straps up for 2 steps, both ways.
Targeting/Throwing/ Catching	Tries with Enthusiasm.	Tries with Enthusiasm. Listens to directions.	Listens to directions. Is aware of focus.	Can generally hit target and catch on command.	Can generally hit target and catch on surprise.