

LIL' DRAGONS Category: KATA	Student:		Instructor:		Evaluation Week:
FORM #1 Tai Kyo Ku Shodan	Tries with Enthusiasm.	Knows to go left first, then right, then 3 punches ending with a kihap.	Can go through the whole form with basic idea.	Turns are done in the right direction. Begins to frame.	Form is done completely and correctly with proper turns, framing and kihaps.
1st 4 MOVES OF 4-CORNER BLOCKING	Tries with Enthusiasm.	Knows that the left side is the same as the right side.	Does not have to think about which move is first.	Each move is crisp and clear.	Decisively performs each technique with a blocker.
2nd 4 MOVES OF 4-CORNER BLOCKING	Tries with Enthusiasm.	Knows that the left side is the same as the right side.	Does not block with knee straight.	Remembers to cover head in 7 &8	Decisively performs each technique with a blocker.
CHOON BE CHALLENGE	Tries with Enthusiasm.	Can do Choon Be for at least 20 seconds before giving in to distraction.	Can beat distractions for at least 30 seconds.	Can beat distractions for at least 45 seconds.	Can beat distractions for at least 60 seconds.
TIE BELT	Tries with Enthusiasm.	Can fold the belt in half to find the middle.	Can wrap the belt around so that it ends up back in the front for the tying.	Remembers to wrap the belt around all of the middle before tying.	Can basically tie the belt with the general idea in one minute.