

Leapin' LIZARDS 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
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.
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.
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	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.	Decent Stance with Step Forward. Enthusiasm.
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.
Shape Identification	General Idea, Enthusiasm	Knows that each shape is different.	Can identify most shapes accurately at least 80% of the time.	Can identify all shapes accurately at least 80% of the time.	Can identify all shapes accurately 100% of the time.
Color Identification	General Idea, Enthusiasm	Knows that each color is different.	Can identify most basic colors accurately at least 80% of the time.	Can identify all basic colors accurately at least 80% of the time.	Can identify all basic colors accurately 100% of the time.
Vocal Usage	General Idea, Enthusiasm	Remembers to Say "Yes Ma'am/Sir" or "No Ma'am/Sir" some of the time and at least tries to Kihap.	Remembers to Say "Yes Ma'am/Sir" or "No Ma'am/Sir" most of the time and to Kihap most of the time as well.	Good loud Kihaps with little reminder and same with answering "Yes Ma'am/Sir" or "No Ma'am/Sir"	Always Kihaps, always answers appropriately without reminders.
Line-up Skills	General Idea, Enthusiasm	Knows to stand on a spot in line.	Remembers to bow most of the time before entering the floor.	Remembers to bow and stands at attention in line most of the time.	Always bows before entering floor and keeps focus while standing in attention in line.