

RYUKYU KEMPO—White Belt—10th Kyu TEST

NAME:	1st Evaluation	2nd Evaluation	3rd Evaluation	4th Evaluation	5th Evaluation
	Date:	Date:	Date:	Date:	Date:

Technique:	Pass/ Miss	Pass/ Miss	Pass/ Miss	Pass/ Miss	Pass/ Miss	Rating Scale:	Comments:
Example: Horse Stance	M ₀	P ₂	-	-	-	1 2 3 4 5 6 7 8 9 10	Not deep stance but ok
<i>Stances: Front/Forward Stance (Right & Left)</i>						1 2 3 4 5 6 7 8 9 10	
<i>Stances: Horse Stance</i>						1 2 3 4 5 6 7 8 9 10	
<i>Punches: High Punch (both hands)</i>						1 2 3 4 5 6 7 8 9 10	
<i>Punches: Middle Punch (both hands)</i>						1 2 3 4 5 6 7 8 9 10	
<i>Punches: Lower Punch (both hands)</i>						1 2 3 4 5 6 7 8 9 10	
<i>Punches: Lunge Punch (both hands)</i>						1 2 3 4 5 6 7 8 9 10	
<i>Punches: Reverse Punch (both hands)</i>						1 2 3 4 5 6 7 8 9 10	
<i>Kicks: Front Snap Kick (both legs)</i>						1 2 3 4 5 6 7 8 9 10	
<i>Kata: 27 Movements</i>						1 2 3 4 5 6 7 8 9 10	
<i>Combos: Left leg back (Front Stance), Lunge Punch (Stepping Forward), Reverse Punch, Front Snap Kick (Right Leg Stepping Forward).</i>						1 2 3 4 5 6 7 8 9 10	
<i>Combos: Right leg back (Front Stance), Lunge Punch (Stepping Forward), Reverse Punch, Front Snap Kick (Left Leg Stepping Forward).</i>						1 2 3 4 5 6 7 8 9 10	

Comments: