

# RYUKYU KEMPO—White Belt—9th 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:
<b>Example: Horse Stance</b>	M <sub>0</sub>	M <sub>2</sub>	P <sub>3</sub>	-	-	1 2 <u>3</u> 4 5 6 7 8 9 10	Back still not straight
<i>Stances: Front/Forward Stance (Right &amp; Left)</i>						1 2 <u>3</u> 4 5 6 7 8 9 10	
<i>Stances: Horse Stance</i>						1 2 <u>3</u> 4 5 6 7 8 9 10	
<i>Stances: Fighting Stance (Right &amp; Left)</i>						1 2 <u>3</u> 4 5 6 7 8 9 10	
<i>Punches: High Punch (Both Hands)</i>						1 2 <u>3</u> 4 5 6 7 8 9 10	
<i>Punches: Middle Punch (Both Hands)</i>						1 2 <u>3</u> 4 5 6 7 8 9 10	
<i>Punches: Lower Punch (Both Hands)</i>						1 2 <u>3</u> 4 5 6 7 8 9 10	
<i>Punches: 1-2-3 Drill (Both Hands)</i>						1 2 <u>3</u> 4 5 6 7 8 9 10	
<i>Punches: Lunch Punch (Both Hands)</i>						1 2 <u>3</u> 4 5 6 7 8 9 10	
<i>Punches: Reverse Punch (Both Hands)</i>						1 2 <u>3</u> 4 5 6 7 8 9 10	
<i>Punches: Jab Punch (Both Hands)</i>						1 2 <u>3</u> 4 5 6 7 8 9 10	
<i>Kicks: Front Snap Kick (Both Feet)</i>						1 2 <u>3</u> 4 5 6 7 8 9 10	
<i>Kicks: Roundhouse Kick (Both Feet)</i>						1 2 <u>3</u> 4 5 6 7 8 9 10	
<i>Kicks: Side Thrust Kick (Both Feet)</i>						1 2 <u>3</u> 4 5 6 7 8 9 10	
<i>Matt Work: Front Fall</i>						1 2 <u>3</u> 4 5 6 7 8 9 10	
<i>Matt Work: Side Fall</i>						1 2 <u>3</u> 4 5 6 7 8 9 10	
<i>Matt Work: Back Fall</i>						1 2 <u>3</u> 4 5 6 7 8 9 10	
<i>Self-Defense 1: Wrist Release (against the thumb)</i>						1 2 <u>3</u> 4 5 6 7 8 9 10	
<i>Kata 1: 27 Movements</i>						1 2 <u>3</u> 4 5 6 7 8 9 10	
<i>Kata 2: Taikyoku Shodan</i>						1 2 <u>3</u> 4 5 6 7 8 9 10	
<i>Combo: Left Leg Back (Front Stance), Lunge Punch (Stepping Forward), Reverse Punch, Front Snap Kick (Right Leg Steps Forward), Jap Punch (Right Hand), Roundhouse Kick (Left Leg), Reverse Punch, (Left) Side Thrust Kick.</i>						1 2 <u>3</u> 4 5 6 7 8 9 10	
<i>Combo: Right Leg Back (Front Stance), Lunge Punch (Stepping Forward), Reverse Punch, Front Snap Kick (Leg Leg Steps Forward), Jap Punch (Left Hand), Roundhouse Kick (Right Leg), Reverse Punch, (Right) Side Thrust Kick.</i>						1 2 <u>3</u> 4 5 6 7 8 9 10	