



Two Black Stripes Test Form



Students Name (First, Last, Pronouns):	Test Date:	
Dojo Name:	Test Level:	2 Black Stripes
Instructor(s):	"Real" Time in Rank:	
Candidate Limitations:	Test Fee Paid:	Y / N
INSTRUCTIONS: Grade student's performance and give comments. A – Knows and can execute techniques very well B – Knows techniques well, could use a little polishing C – Knows techniques but needs work on fundamentals D – Has difficulty with techniques F – Fail, Does not know techniques or are not up to test level		Assistant Teaching since last promotion (Brown Belt and up): Hours 10 Hours total min. required

	Requirement for rank	GRADE	COMMENTS
Stances & Footwork	Improve Previous		
Hand Techniques	Bearhand & Bearhand knuckle (Horiz & Vert), Thumb, thumb knuckle, forefinger knuckle, Middle knuckle, one & two finger strikes		
Blocking Techniques	Funnel Block		
Leg Techniques / Kicks	Jump Spinning reverse crescent, Serpent kick (standing / ground)		
Blocks / Punches	All blocks in inward with counter attacks		
Katas / Applications	Chinte (beautiful Hands) Applications		
Weapon(s)	Bo 3 and applications		
Dropping Techniques / Rolls	Review Previous		
Escapes / Self Defense	Crossed arm lock (juji nagi / ude garami) Basic Knife Self Defense		
Sparring	Free Sparring: (3) 2 minute rounds		
Stamina	Pushups: 20 ea Palm, Knuckle, Finger tip 15/15 one arm		

Board Breaking: N/A / Pass / Probation				Public Speaking: NA / Needs Improvement / Pass	
Set	# of Boards	Technique	Trials	Philosophy: Needs Improvement / Pass	
1				Written Paper: NA	
2				Written Test: NA	
3				FINAL: PASS PROBATION FAIL	
4				Probation: Reason / Time:	
Additional comments (top 3 things to work on):				Tester's Name:	

(Use for more details descriptions of areas for improvement and suggestions to fix)

NOTE: Grades and scores are a guideline only final decision up to head tester and students head instructor.