



One Black Stripe Test Form



Students Name (First, Last, Pronouns):		Test Date:	
Dojo Name:		Test Level:	1 Black Stripe
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	Parallel Forward parallel		
Hand Techniques	Bent Wrist Strikes: Horiz, Upward, Downward, Diagonal up & Down Looping Punch & Ridge hand, Palm Corner Strike		
Blocking Techniques	Bent Wrist (3 Levels), Palm Corner Block Palm Push to Elbow		
Leg Techniques / Kicks	Spinning Reverse Crescent, Reverse Dropping Kick, Flying Back Kick, Flying Wheel Kick.		
Blocks / Punches	Up through Palm Push (in inward)		
Katas / Applications	Empi (Flying Swallow) Applications		
Weapon(s)	Bo 2 and applications		
Dropping Techniques / Rolls	Review Previous		
Escapes / Self Defense	Basic Knife Self Defense Big outside clip (osoto gari)		
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	
Set	# of Boards	Technique	Trials	Philosophy: Needs Improvement / Pass	
1				Written Paper: NA / Pass / Probation	
2				Written Test: NA	
3				FINAL: PASS PROBATION FAIL	
4				Probation: Reason / Time:	
Additional comments (top 3 things to work on):				Tester's Name:	

Additional Comments:

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

[illegible]

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