



One Brown Stripe Test Form



Students Name (First, Last, Pronouns):	Test Date:	
Dojo Name:	Test Level:	1 Brown 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): NA Hours 10 Hours total min. required

	Requirement for rank	GRADE	COMMENTS
Stances & Footwork	X-stance		
Hand Techniques	Roundhouse Punch		
Blocking Techniques	Inner & Outer Shovel, Backhand Block, Wedge Block, Arrow Block, Low, mid, high soft style blocks & Monkey		
Leg Techniques / Kicks	Heel kick, Jump & Flying Front, Jump & Flying Roundhouse, Foot sweeps (arch, instep, heel)		
Blocks / Punches	Up through Monkey (all in inward stance)		
Katas / Applications	Pinan 4 Formatted Apps		
Weapon(s)	Tambo:14 Basic Strikes (in Yang Grip) Yin grip: 6 blocks, basic strikes, Figure 8's		
Dropping Techniques / Rolls	Front Drop, Front Tumble		
Escapes / Self Defense	Bent Wrist (Kote Gaeshi),		
Sparring	N/A		
Stamina	Lunges: 30 Each Side: (Jab, Cross, Hook, Upper cut) Pushups: 20 Palm, 20 Fingertip		

Board Breaking: N/A				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.