Student Evaluation Form

Name: ______________ **Date:** _____________

Adults, intermediate – Promotion to Blue, Green, & 3rd Brown Belts

Blue Techniques

____ Thrusting Prongs
____ Reversing Mace
____ Repeating Mace
____ Locked Wing
____ Crossing Talon
____ Twirling Wings
____ Snapping Twig
____ Leaping Crane

Green Techniques

____ Charging Ram
____ Parting Wings
____ Circling Wing
____ Calming the Storm
____ Hooking Wings
____ Twin Kimono
____ Darting Mace
____ Obstructing the Storm

Brown Techniques

____ Cross of Destruction
____ Gift in Return
____ Swinging Pendulum
____ Flight to Freedom
____ Spiraling Twig
____ Evading the Storm
____ Thundering Hammers
____ Squeezing the Peach

Forms

Short Form 2

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Finger Set

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Long Form 2

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Coordination Set

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Short Form 3

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Stances

One-legged stance
90^{o} Cat
45^{o} Cat
Front twist (left/right)
Rear twist (left/right)
Wide kneel (left/right)
Close kneel (left/right)

Foot Maneuvers

Push-drag forward
Push-drag reverse
Front crossover forward
Front crossover reverse
Rear crossover forward
Rear crossover reverse

Basics – student should be highly proficient with all BEGINNER BASICS; and, for INTERMEDIATE BASICS, familiar for promotion to Blue Belt, proficient for promotion to Green Belt, and highly proficient for promotion to Brown Belt.

Blocks & Parries

Inside downward, palm up
Inside downward, palm down
Push down block
Inside downward parry
Outside downward parry

Hand Strikes

Vertical back knuckle snap
Vertical back knuckle thrust
Uppercut punch
Roundhouse punch
Forward horizontal forearm
Inward diagonal inner wrist
Inward horizontal palm heel
Underhand palm heel
Overhead whip

Kicks

Spinning back kick
Front shovel kick
Back shovel kick

Instructor: ________________________