YELLOW EXAM SCORE SHEET

KIHON	***Aus.***	***R.***	***Al.***	***E.***	***Am.***	***Sh.***	***L.***
Stationary (face right, screen left)							
a) Reverse punch							
i) ____ hip turn	___.	___.	___.	___.	___.	___.	___
ii) ____ shoulder turn	___.	___.	___.	___.	___.	___.	___
iii) ____ pulling hand	___.	___.	___.	___.	___.	___.	___
iv) ____ fist	___.	___.	___.	___.	___.	___.	___
v) ____ target	___.	___.	___.	___.	___.	___.	___
b) Front kick							
i) ____ knee up/chamber	___.	___.	___.	___.	___.	___.	___
ii) ____ foot/ankle position	___.	___.	___.	___.	___.	___.	___
iii) ____ toes up	___.	___.	___.	___.	___.	___.	___
iv) ____ target	___.	___.	___.	___.	___.	___.	___
v) ____ snap back	___.	___.	___.	___.	___.	___.	___
c) Front stance							
i) ____ front knee over toes.	___.	___.	___.	___.	___.	___.	___
ii) ____ back leg lock	___.	___.	___.	___.	___.	___.	___
iii) ____ posture	___.	___.	___.	___.	___.	___.	___
iv) ____ front foot position	___.	___.	___.	___.	___.	___.	___
v) ____ back foot position.	___.	___.	___.	___.	___.	___.	___
Moving (face forward) -- 3 steps forward, 3 steps back!							
a) ____ Stance width	___.	___.	___.	___.	___.	___.	___
b) ____ Foot movement	___.	___.	___.	___.	___.	___.	___
c) ____ Timing (hand and foot)	___.	___.	___.	___.	___.	___.	___
d) ____ Posture	___.	___.	___.	___.	___.	___.	___
e) ____ Balance	___.	___.	___.	___.	___.	___.	___
KATA							
1) ____ 1st move – **face front**	___.	___.	___.	___.	___.	___.	___
2) ____ 180 (r. oizuki) **face right, screen left.**	___.	___.	___.	___.	___.	___.	___
3) ____ 270 (r. age) – **face back, screen back**	___.	___	___.	___.	___.	___.	___
4) ____ last 4 moves – **face right, screen left.**	___.	___.	___.	___.	___.	___.	___
*****KUMITE (3 Step) by count facing forward***							
1) ____ forward w/ oizuki to face – yame!	___.	___.	___.	___.	___.	___.	___
2) ____ back w/ age, reverse – yame!	___.	___.	___.	___.	___.	___.	___
3) ____ forward w/ oizuki to stomach – yame!	___.	___.	___.	___.	___.	___.	___
4) ____ back w/ ude, reverse – yame!	___.	___.	___.	___.	___.	___.	___