

Performance Evaluation Sheet: Circle One: *Student's Form* OR *Judge's Form*

Student's Name: _____ **Rank:** _____

Pattern	
Strengths	Areas for Work

Sparring	
Strengths	Areas for Work

Breaking	
Strengths	Areas for Work

Some Evaluation Characteristics: (Strengths and Areas for Work)

List your own **or** Use one below

Center

Integrated Breathing

Focus

Control of Mass

Acceleration

Courtesy

Integrity

Perseverance

Self-Control

Indomitable Spirit

Awareness

Relaxation

Timing

Realistic Application

Flow

Posture

Low Stances

Protect Vital Spots