3 TEST GRADING POII{TS
&quence of Movements
The student must perform the sequence of movements to all exercises profrcientty. The student cannot s&em apprehensive, hcsitate, stopn or forget The movemenb must also be in the correct order. If these prohlems occur, more repetitions are required.
Details
The student must include the details of all exercises. This includes the blocks, kickso punchm, stances, etc. All moyements must be debiled proficiently, which makes them effective and purpcseful,
Power

The student must perform the exercises with power! There must be enough trx)wer executed to be effective against a person who is bigger and stronger. The movements and details are nothing without trrewer.
The higher belts are expe'cted to perform more proficiently than the lower belts.