

## Basic Rubric

Every student is different. Parents should focus on their child's ability and not the abilities of the other students around. The goal is for everyone to improve their own martial arts skill. Martial arts is an individual sport, however there is a team aspect. Do not get focused on your child in a team setting.

- \* Ability to perform all Basic Curriculum
- \* 100% Knowledge of the Basic Curriculum

### When performing a basic hand technique:

1. Hands remain up by face
2. Using the correct hand for each punch
3. Showing speed and power making uniform snap
4. Carry out the proper hip twist on certain punches
5. Yelling loud on each punch
6. Having correct hand position

### When performing a basic foot technique:

1. Execute the proper chamber and re-chamber
2. Showing your pivot
3. Having toes flexed or pointed depending on the kick
4. Kicking belt level or higher
5. Showing speed and power by yelling and making your uniform snap
6. Keeping hands up

### Basic technique grading standards:

In order to receive an A grade - Demonstrate 6 or more out of the 6 standards

B Grade - Demonstrate 5 out of the 6 standards

C Grade - Demonstrate 4 out of the 6 standards

D Grade - Demonstrate 3 out of the 6 standards

Re-test - Demonstrate 2 or fewer of the 6 standards

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## Stances

### Horse Stance

- ~ Feet are 2.5 shoulder widths apart
- ~ Toes pointed at target
- ~ Hands are chambered
- ~ Knees are bent
- ~ Butt is in / back is straight
- ~ Heels are down on the ground

### Front Stance

- ~ Feet are 1.5 shoulder widths apart
- ~ Step 3 of your feet forward
- ~ Toes are pointed forward
- ~ Front knee is bent
- ~ Back leg is straight
- ~ Hips are pointed forward
- ~ Hands are chambered
- ~ Heels are down on the ground

### Back Stance

- ~ Feet start in an "L" position
- ~ Step forward 2.5 of your feet
- ~ Both knees are bent
- ~ 70% of weight is on back leg
- ~ Hips are sideways
- ~ Back is straight
- ~ Hands are up
- ~ Heels are down on the ground