

Level 1 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 TKD forms
- * Knowledge of current side Curriculum

When performing a form graders are looking for:

1. Knowledge
2. Were you looking around
3. Showing the proper prepare of the form
4. Showing the proper prepare of each move
5. Ability to perform all of the stances in each form
6. Using the appropriate chambers
7. Showing explode and freeze on all movements
8. Yells and breathing techniques throughout each form
9. Giving 110% effort throughout all your forms

Level 1 form grading standards:

- In order to receive an A Grade - Demonstrate all 9 standards
B Grade - Demonstrate 8 or 7 out of the 9 standards
C Grade - Demonstrate 6 or 5 out of the 9 standards
D Grade - Demonstrate 4 or 3 out of the 9 standards
Re-test - Demonstrate 2 or less out of the 9 standards
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Basic Standards:

All punching and kicking should be from a correct fighting position. When showing stances, a student is executing, to the best of their ability, the proper stance.

Punching Techniques

- ~ Hands remain up by face
- ~ Using the correct hand for each punch
- ~ Showing speed and power making uniform snap
- ~ Carry out the proper hip twist on certain punches
- ~ Yelling loud on each punch
- ~ Having correct hand position

Kicking Techniques

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

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 turned sideways
- ~ Back is straight
- ~ Hands are up
- ~ Heels are down on the ground