

Level 1 Rubric

Every student is different. Parents should focus on their child's ability and not the abilities of the other students around. We have A students with D students. 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:

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

Level 1 form grading standards:

- In order to receive an A grade - Demonstrate 6 or more out of the 8 standards
B Grade - Demonstrate 5 out of the 8 standards
C Grade - Demonstrate 4 out of the 8 standards
D Grade - Demonstrate 3 out of the 8 standards
Re-test - Demonstrate 2 or fewer of the 8 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

- ~ Execute the correct technique
- ~ Knowing right from left and lead from rear
- ~ Showing speed and power by yelling and making uniform snap
- ~ Carry out the proper hip twist
- ~ Show the proper hand positions

Kicking Techniques

- ~ Execute the correct technique
- ~ Showing the proper chamber and pivot
- ~ Showing speed and power by yelling and making your uniform snap
- ~ Kicking belt level or higher
- ~ Show the proper foot position

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

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

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