

ITFNZ Black Belt Grading result

Last Name: Hamblyn

First Name: Alisdair

Street: 81 Wallace Street

Suburb: Mount Cook

City: Wellington

ITFNZ No: 5946

Club Name: Brooklyn

Grading Date: 30/05/2004

Requested Rank: -2

		Max points 1st/2nd/3rd dan
Patterns:	40.4	(50/60/70)
One Step Sparring:	13.5	(20)
PA Free:	0	(0/0/15)
Free Sparring:	9.8	(15)
Destructions:	14	(16)
Self Defence:	7.2	(10)
Written Test:	19.2	(15/20/25)
Oral Test:	3.1	(5)
Fitness:	9.8	(16)
Essay:	0	(0/0/10)
Assessment:	9.8	(15)
TOTAL SCORE:	126.8	RESULT: Pass

You have a tendency to stamp and are leaning over in stances. Use reaction hand more to aid power. Continue to develop your sine wave, intermediate hand loading positions and hand, foot, breath co ordination. Look at correct foot positions/angles when kicking e.g. side piercing kick. Try to make your patterns flow. Relax and tense at the appropriate times. You needed to use more hand and dodging techniques when in close to the opponent. Well done and congratulations on your promotion to 2nd Dan.