

**KISS STUDENT SKILL EVALUATION FORM
ON LAST SEVEN SESSION PRE TEST AND ON THE TEST ITEM 8**

Belt Level	Started	End
Instructor	Student Name	Met Prerequisites ?

To complete the evaluations to qualify for testing must have an average of 80% out of possible 100%
and the latest evaluation #8 during test must average 80% - if between 70 and 80 - retest on weak areas

Session Number	1	2	3	4	5	6	7	8
----------------	---	---	---	---	---	---	---	---

1.- Stances								
Front								
Back								
Horse								
TOTAL								

2.- Form proficiency								
Overall knowledge of form technique and efficiency								
Body posture and Rhythm / crispness								
Breath and balance control								
TOTAL								

3.- Overall kicks - striking - sparring and self defense								
Effectiveness of techniques striking and kicking								
Effectiveness - take downs - locks - general self defense - control tech.								
Ability to use pressure points in self defense (dim mak)								
Overall sparring / fighting capability both defensive and offensive								
TOTAL								

4.- Awareness - mental aspects - yin-yang								
Aware of presence and body language of people or other students								
Awareness of energetic patterns of others and their effect on people								
Awareness of personal physical-emotional-energetic presence								
Knowledgeable of ability to drain energy from others for defense or healing								
Capable of self rescue from unbalanced energies								
Capable of rescue of others from the affects of unbalanced energy								
Knowledgeable - Meridians - chakra - subtle body - Aura expansion - protective light								
Ability to focus								
Aware thought power - power of intent-affect of anger - fear-hate- calm-brave-love								
TOTAL								



