

needs to work on ...

Please circle what the student needs to improve.

Form

Memory: First half · Second half · Corners

Eyes: Up · Looking first · Focus

Stances: Foot position · Knees bent · Weight distribution

Rotation: Wrists · Hips

Joints: Wrist · Ankle · Elbows · Pivot foot

Target: High/Middle/Low · Kicks above belt · Center line

Other: Head level · Timing · Airplane landing · Posture · Power · Pull-back hand · Rhythm · Pace · Flow

Sparring

Distance · Control · Hands up · Kicks above belt

Strong blocks · Counters · Endurance · Evasion

Advanced combinations · Timing · Fakes · Conditioning

Weapon

Memory: First half · Second half · Corners

Eyes: Up · Looking first · Focus

Stances: Foot position · Knees bent · Weight distribution

Target: High/Middle/Low · Center line

Strikes: Strength · Lines · Power

Other: Head level · Timing · Even Pace · Speed · Posture
Blocking arm · Rhythm · Use as a weapon

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