Current Belt Gup Belt Gup requested Age	e Beli	: Size Conditional Pass
Sa-ju Tirugi	Sa-ju Makgi	r ass
Incorrect move	Incorrect move	
longer wider	longer	wider
back foot 25' too wide	back foot 25'	too wide
shorter back leg bent	shorter	back leg bent
body leaning front leg straight	body leaning	front leg straight
heel lifting weight 50/50	heel lifting	weight 50/50
	Tieer inting	⊢ ·
sliding feet	1st Side	sliding feet 2nd side
Punch/fist	crossed wrong low block	crossed wrong low block
should be full facing	block should be lower	block should be lower
center thumb is hidden tighter fist reaction	block should be ligher	block should be higher
higher thumb is out torque too soon	wrist bent	wrist bent
lower wrist bent lifting/dropping	bend arm more	bend arm more
ioweiwiist bentiiitting/dropping	keep arm away from body	keep arm away from body
1st Side 2nd side		
crossed wrong low block crossed wrong low block	reaction hand on hip	reaction hand on hip
block should be lower block should be lower	facing should be 1/2	facing should be 1/2
block should be lower block should be lower block should be higher	facing should be 1/2 crossing inner 4arm block	facing should be 1/2 crossing inner 4arm block
wrist bent wrist bent	block should be lower	block should be lower
bend arm more bend arm more	block should be ligher	block should be lower
keep arm away from body keep arm away from body	wrist bent	wrist bent
reaction hand on hip reaction hand on hip	bend arm more	bend arm more
facing should be 1/2 facing should be 1/2	keep arm away from body	keep arm away from body
Misc.	Misc.	Keep ann away nom beay
wrong foot 1st move hand on hip	concentrate hand o	n hip
eyes on target focus hand/foot		nand/foot
tempo breathing	tempobreath	
hold last move power 3 0	hold last move power	3 0
off mark more practice	off mark more p	ractice
Self-defence	_	
guard shock jump	- · · ·	ncomplete
retaliate kia on retaliation don't turn your back		needs practise
run away work the elbow not realistic	don't walk backwards	palance 1 0
Sparring Attack proper starting position stand	ce kiya tool wrong fo	ot to starting pos.
semi-free proper attacks too quick too s		use different attacks 1 0
		Set Sparring
1 Defence wrong foot back guard position	on reaction torque t	ool stance
2 distance to target power	kiya	
unsure of exercise move of	closer to opponent keep n	nore distance from opponent
unsure or exercisennove or	closer to opponentkeep ii	lore distance from opponent
Questions		
1 2 3 4 5	Proce	dure and etiquette
1 2 3 4 5	-2 did not s	
	1 0 -1 did not s	
75% to pass	-1 did not s	•
TOTAL		ow s back when leaving table
retest if - 19 or less on first exercise	-1 hands or	- I i
retest if - 19 or less on 2nd exercise	-1 belt tied	ll ll
100	⊒ -1 unkept u	· I I
100	-1	<u> </u>
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