

PLEASE KEEP THIS SHEET FLAT - INSTRUCTOR USE ONLY ON THIS SIDE

STUDENT NAME:		FITNESS TEST	VERBAL TEST	NOTES:
LEVEL:		PUSH-UPS []	MEMORY	
TESTING FOR:		SIT-UPS []	VOLUME	
DEMO TEAM:	GOLD TEAM:	SQUATS []	CLARITY	
SHAOLIN CHALLENGE:		PLANK []	BODY FOCUS	
SIFU'S LIST:		HS []	EYE FOCUS	

FOUNDATIONS TEST - A B C

STANCES: HALF-LOTUS[] NEUTRAL[] RIGHT BOW[] LEFT BOW[] RIGHT CRANE[] LEFT CRANE[] ATTENTION[]

JAB, CROSS (P1,P2)		SPOT 2	
SPOT 1		SPOT 3	
HI-BLOCK		SPOT 4	
TK		MS	
HK		MH	
OK		LINE 1	
IK		LINE 2	
SHUFFLE FWD/BACK		LINE 3	
SHUFFLE HORSE TO BOW		LINE 4	
BOW STEP FWD BACK		WEAPONS FOUNDATIONS:	

FORMS TEST - A B C WAIT

1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		

ENGAGEMENT - A B C WAIT

ATTENDANCE	
STRIPES & HMWK	
EFFORT & ATTITUDE	
RESPECT & ETTIQUETTE	
HUMILITY & COURTESY	
HOME, SCHOOL, ETC.	

NOTES:

A *: 95-100 / A: 90-94 / A*: 85-89 / B*: 80-84 / B: 75-79 / B*: 70-74 / C*: 65-69 / C: 60-64 / C-: WAIT & RETEST IN NEAR FUTURE



TESTING INTENT SHEET – BLACK SASH TRAINING

STUDENT'S FULL NAME: _____ **TESTING FOR:** _____

NIAGARA KUNG FU ACADEMY IS SERIOUS ABOUT DEVELOPING WELL-ROUNDED, SUCCESSFUL, AND HONEST INDIVIDUALS. PRIOR TO CONSIDERING A CHILD FOR BELT PROMOTION, WE REQUIRE SATISFACTORY REPORTS FROM BOTH SCHOOL TEACHERS AND PARENTS. IN ADDITION TO PASSING THE PHYSICAL PORTION OF THEIR TEST, EACH STUDENT MUST HAND IN THIS SHEET WITH THE FOLLOW QUESTIONS COMPLETED BY THE STUDENT, OR STUDENT'S RESPONSIBLE GUARDIAN IF THE STUDENT CANNOT WRITE, AND INDICATED SIGNATURES [IF APPLICABLE].

IN THE PAST 6 WEEKS, HAVE YOU DEMONSTRATED COURTESY AND RESPECT TO OTHERS? [CIRCLE YES OR NO, & EXPLAIN.]

IN THE PAST 6 WEEKS, HAVE YOU FOLLOWED THROUGH ON HOUSEHOLD RESPONSIBILITIES? [CIRCLE YES OR NO, & EXPLAIN.]

IN THE PAST 6 WEEKS, HAVE YOU COMPLETED THE MINIMUM REQUIRED ASSIGNED NKFA READING, HOMEWORK, AND PRACTICE? [CIRCLE YES OR NO, & EXPLAIN.]

IN THE PAST 6 WEEKS, HOW HAVE YOU MADE AN EFFORT TOWARD YOUR PERSONAL DEVELOPMENT?

IN THE PAST 6 WEEKS, HOW HAVE YOU DEMONSTRATED BLACK SASH LEADERSHIP FOR YOUR FAMILY AND COMMUNITY?

IN THE PAST 6 WEEKS, HOW HAVE YOU SET A POSITIVE EXAMPLE FOR FELLOW STUDENTS AT NKFA?

I, ___PARENT'S NAME___ FEEL THAT MY CHILD HAS BEEN RESPECTFUL & COOPERATIVE AT HOME, AND HAVE REVIEWED AND APPROVE OF THE ANSWERS ABOVE. I HUMBLY SUBMIT MY CHILD'S NAME FOR EVALUATION FOR THE NEXT RANK TO MY INSTRUCTORS.

PARENT SIGNATURE (IF UNDER 18)

DATE

I, ___SCHOOL TEACHER'S NAME___ FEEL THAT THIS STUDENT HAS BEEN: PERFORMING IN A SATISFACTORY MANNER, IS RECEIVING PASSING GRADES, AND IS RESPECTFUL OF TEACHERS AND OTHER STUDENTS. [IF NOT, THEN PLEASE EXPLAIN BELOW.]

SCHOOL TEACHERS (IF UNDER 18)

DATE

SCHOOL TEACHER'S NOTES:_____

IF YOU HAVE ANY FEEDBACK BEYOND THE SCOPE OF THIS FORM, PLEASE FEEL FREE TO WRITE ON A SEPARATE SHEET OF PAPER OR CALL YOUR STUDENT'S INSTRUCTOR DIRECTLY AT 905 357 9146.

I, ___STUDENT'S NAME___ HAVE LEARNED AND PRACTICED THE NKFA STUDENT CREED, AND I HUMBLY SUBMIT MY NAME FOR EVALUATION FOR THE NEXT RANK TO MY INSTRUCTORS.

STUDENT SIGNATURE

DATE