

Falcon 1 Defense/Team Lee Athletics

- BEST JUMPKICK ACHIEVMENT BADGE -

Student Applying for Badge: _____

Get permission from your instructor to try for the badge. Take the sheet home and practice the different areas of the kick that will be looked at. Each student will be evaluated individually based on their own ability, age, etc.

NW=NEEDS WORK: G=GOOD: E=EXCELLENT

	DATE: _____	_____	_____
1. Keep good balance while standing on one leg	_____	_____	_____
2. Keep knee bent while standing on one leg	_____	_____	_____
3. Other knee picked up high	_____	_____	_____
4. Kick with ball(bottom) of foot, not toes	_____	_____	_____
5. Good height on kick, at least above belt level high	_____	_____	_____
6. Able to hit target	_____	_____	_____
7. Loud kiai	_____	_____	_____
8. Hands stay up in front in guard position and don't drop when kicks	_____	_____	_____
9. Don't lean when doing kick, body stays up, no wiggles	_____	_____	_____
10. Head up / Eyes on target	_____	_____	_____
11. Can do kick with either leg	_____	_____	_____

To receive your badge you have to demonstrate at least 5 kicks in front of the instructor. If he marks that you need work in certain areas, take the sheet home and practice those areas and come back and try again. Don't worry over this, have fun, and keep trying.

No One Fails, You Are A Winner For Trying, You Will Succeed.

HEAD INSTRUCTOR – MICHAEL LANDER

BADGE APPROVED _____ **DATE** _____

For Questions call Falcon 1 Karate 758-2242