

Falcon 1 Defense/Team Lee Athletics

- BEST SIDEKICK 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 and in front | _____ | _____ | _____ |
| 4. Kick with blade (side, heel) 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 turns to look at target before kick | _____ | _____ | _____ |
| 11. Can do kick with either leg | _____ | _____ | _____ |
| 12. Kick pushes straight out to side, not a roundhouse motion | _____ | _____ | _____ |

To receive your badge you have to demonstrate at least 5 kicks, with each leg, 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