

BJMA CONTINUAL TRAINING PROGRAM



Developed by:
BJMA Victoria 2018

Know where you are today, and where you want to be tomorrow...

Enjoy peace of mind, knowing BJMA have a plan in place so students can achieve their grading goals.

After nearly 50 years the depth of knowledge and ability within BJMA is unrivalled. We have expert martial arts instructors placed to guide students on a lifetime study of martial arts and personal development. Our **Continual Training Program (CTP)**, will keep you on track with regular reviews and clear direction.

BJMA is constantly reviewing its practices and standards. We are recognised for our innovation and leadership in the martial arts industry. A lot of discussion, experimentation, development, pilot programs and reviews are conducted before we commence with a program as far reaching as the **CTP**.

The CTP has been designed to give a clear path way to advancement within BJMA and specifically Zen Do Kai.

We recognise that all BJMA members are unique with differing skills sets and goals. The CTP will help them find their path to success.

Objective:

The CTP has been designed to give a clear path way, feedback and assessment criteria for all students, coordinators and instructors. It will improve knowledge and understanding of grading requirements and enhance support for our students, instructors and coordinators.

A **Continual Training Program (CTP)** is a system recognised as best practice and is now a requirement for being registered by most professional bodies.

CTP Roll out process: (CTP working group)

1. Introduction to all coordinators and leadership. Once the proposal program has been reviewed and accepted. The CTP work group will commence discussions with the coordinators to give them an understanding of the benefits and reporting requirements.
2. Create a basic manual to assist the implementation for each rank.
3. Introduce to instructors to assist the students to understand the process.
4. Introduce to all members at state training days. Explain how the CTP benefits individual members.
5. Commence use of the assessor's form and manual to assist with progress of members.
6. Members will have access to their log of points via the BJMA web site portal. (Privacy information will be retained with the requirements or a legal framework to support the Privacy Act)
7. Points for state training days will be recorded by the Victorian Leadership Team.

Benefits for students:

- ✓ Identify goal and objectives for their next grading.
- ✓ Analyse current position.
- ✓ Prepare action plan to achieve goals.
- ✓ Review current training. (Assessment form)
- ✓ Receive ongoing support.
- ✓ A clear point based system to assist in progress.
- ✓ Strong partnership between the student, their instructor and the coordinator.
- ✓ Increase skills - Personal development within the martial arts.
- ✓ Equally measured to other students
- ✓ Reduces conflict of interpretation with coordinators and instructors.
- ✓ More sanctioned training days or specialised sessions
- ✓ More camps and other specialised training sessions.
- ✓ BJMA website developed as a resource tool.

Moving forward:

Students will now be required to show they have been proactively training within the BJMA system to specifically develop skills required for their next grade. This must be done methodically during the entire period between grades. This will be recorded via the CTP point system.

Attaining Points:

The CTP system uses “**point’s**” as part of the criteria in eligibility to grade. The points required for each grading have been calculated to reflect the period and depth of study pertaining to each rank.

CTP POINT:

Gold and silver points will be used specific and appropriate training.

Eligible activities:

The activities listed below, indicate the point allocations for your CTP log and preparation in application to grade.

| Activities | Points |
|---|----------------|
| Official State Training with coordinator per session | Gold 2 points |
| Workshops held by coordinators 1.5 hours | Silver 1points |
| Leadership conference focused on grading requirements 1.5 hours | Silver 1points |
| First aid course (Completed within any training association) | Silver 1points |
| Essay presented and reviewed in line with grading requirements | Silver 1points |
| Distance students can provide filmed training sessions on required skills to coordinator for review. | Silver 1points |
| Training in another BJMA system 1.5 hours | Silver 1points |
| Eg: Weapon training seminar in BJMA Arnis for ZDK 4 th degree or BJMA Kickboxing seminar for 2 nd Degree. | |
| Official VLT approved seminar with external specialist 1.5 hours | Silver 1points |

CTP Points & years of continuous study:

The minimum period of continuous study has been formulated over 40 years. It has been shown that this period aids in a solid understanding of the skills to be attained between ranks. It gives time to develop as an instructor and at higher levels and allows a maturing and mastery of skills.

- Brown to black belt current 12 months continuous study.
- From black belt to 1st degree = One year of continuous study
- 2nd degree = Two years of continuous study
- 3rd degree = Three years of continuous study
- 4th degree = Four years of continuous study.
- 5th degree = Five years of continuous study.

In pursuit of your next rank, it should be noted, that CTP points are collected annually and reach a total needed, in alignment of years training. For example, 2nd Degree would be 8 gold points throughout the 2 years and 8 silver, over two years.

- **Brown to Black belt** = 6 gold points.
- **1st degree** = 6 gold points 4 Silver points. One year of continuous study.
- **2nd degree** = Year 1 - 4 gold points 4 Silver points. Two years of continuous study.
- 2nd degree = Year 2 - 4 gold points 4 Silver points. Two years of continuous study.
- **3rd degree** = Year 1 - 4 gold points 4 Silver points. Three years of continuous study.
- 3rd degree = Year 2 - 4 gold points 4 Silver points. Three years of continuous study.

- 3rd degree = Year 3 - 6 gold points 5 Silver points. Three years of continuous study.
- **4th degree** = Year 1 - 4 gold points 4 Silver points. Four years of continuous study.
- 4th degree = Year 2 - 4 gold points 4 Silver points. Four years of continuous study.
- 4th degree = Year 3 - 4 gold points 4 Silver points. Four years of continuous study.
- 4th degree = Year 4 - 4 gold points 6 Silver points. Four years of continuous study.

- **5th degree** = Year 1 - 4 gold points 4 Silver points. Five years of continuous study.
- 5th degree = Year 3 - 4 gold points 4 Silver points. Five years of continuous study.
- 5th degree = Year 3 - 4 gold points 4 Silver points. Five years of continuous study.
- 5th degree = Year 4 - 4 gold points 4 Silver points. Five years of continuous study.
- 5th degree = Year 5 - 6 gold points 6 Silver points. Five years of continuous study.

- **6th Degree** = Six years of continuous study. Total of 18 gold points and 24 silver points

- **7th Degree** = Seven years of continuous study. Total of 22 gold points and 26 silver points

- **8th Degree** = Eight years of continuous study. Total of 26 gold points and 28 silver points

- **9th Degree** = Nine years of continuous study. Total of 30 gold points and 30 silver points

(# Continuous study – students must have trained within BJMA continuously in those years of study. **Time away from training**, if you were not registered with BJMA or actively training, this time (greater than 6 months will be deducted from your continuous study total.)

Current students will not be adversely affected.

Implementation will start in 2018. There will be a roll out period so current students midway through their training period will not be hindered. For example, a person whom is preparing for 3rd Degree and has been training and preparing for 2 years (2016 and 2017). This person will only need to accrue 10 points in 2018. All other skill assessment criteria must still be met.

Activities which will not earn CTP points.

The activities below do not attract points. However, if you wish to request an activity to be considered for points, you may apply for consideration via the Victorian Leadership Team.

- × External instructors teaching seminars.
- × Physical Activities other than Martial Arts.
- × Training with external martial arts groups who are not members of BJMA.
- × Standard training sessions at your club which is not in line with your grading requirements.

Benefits of the CTP for BJMA:

- ✓ Promotes BJMA as a martial arts organization driven by personal development.
- ✓ More people attending the state training days.
- ✓ Prompts instructors and coordinators to organise other training days or specialised session depending on grading requirements.
- ✓ Camps and other specialised training sessions will add to development of the whole BJMA system.
- ✓ Increase the quality and stability of BJMA.
- ✓ Promotes activity within the BJMA framework.
- ✓ BJMA website developed as a resource tool.
- ✓ Increased profitability each year.
- ✓ Can be used as a national tool to assist all states in promoting a strong system.
- ✓ Pick up new abilities in Process and Procedures.

Requirements and Process for recording and utilizing CTP points:

- Must be a registered member of BJMA.
- Register on the BJMA VIC website. This will enable members to record points and access the log of points accrued. (To be advised)
- Receive validation of points from coordinator or senior instructor at your club.
- Students to provide CTP point record to their coordinator on the assessment day (last training day) of each year.
- Instructors and coordinators will have access to monitor the progress of students in the CTP via the new website. (To be advised)
- Recommend the student has working with children check completed.

Lodging your CTP Points:

1. Logon on too www.bjmavic.com
2. Register your details. Provide your details to assist with the administration team to your records are kept up to date.
3. Register for your event.
4. The event organizer/coordinator or instructor will assist in approve the attendance.
5. Review your points and development.

ROLES AND RESPONSIBILITIES

Coordinators role:

- Coordinators are to assist students develop skills as outlined in their specific grading syllabus. To have students work as a group and fine tune their skills ready for presentation for the grading.
- Coordinators should give authentic and respectful feedback to a student and their instructor on their progress via the assessment sheet.
- A coordinator will, having noted progress at each training day and given feedback, inform the student and instructor at the last training day if a student is eligible or ineligible to grade.
- Coordinator must inform the Soke Billy Manne or Victorian Leadership Team, in writing, regarding any disagreements with student or instructors regarding eligibility to grade. This will be reviewed by the VLT with a final decision from Soke Billy Manne. Please refer to the revision process guide.

Students role:

- A Student must act in an authentic and respectful manner to the coordinator and their instructor.
- Student is responsible for their own progress and training. It is not the responsibility of the coordinator. It is recommended the student speaks with their instructor for guidance.
- Student must register their CTP Points.
- Student must inform their instructor or Victorian Leadership Team in writing regarding any request to have a decision on eligibility to grade reviewed.

Instructors role:

- Instructors are responsible for developing the student's skills to a level that is satisfactory for them to attend state training days and to be assessed for grading.
- Instructor must take proactive ownership and responsibility of their student's progress.
- An instructor must act in an authentic and respectful manner to the student and coordinator.
- Instructors must communicate with the Victorian Leadership Team or Soke Billy Manne if they wish to progress a student before their due tenure. A final decision will be made by Soke Billy Manne.
- Instructors will advise the coordinator at the last training day if they do not believe their student is eligible to grade.
- Instructors must communicate with the Victorian Leadership Team or Soke Billy Manne in writing, regarding any disagreements with student or instructors regarding eligibility to grade. This will be reviewed by the VLT with a final decision from Soke Billy Manne.

Administrative requirements- Logging CTP

The BJMA website will be the main access point and data base for CTP records. It will be administered by the VLT. To register points, members will access the BJMA website secure portal. This will also assist to cross promote the BJMA webpage.

1. Go to a secure website to load your CTP points.
2. Login to member's page.
3. CTP page.
4. Enter information of session.
5. Drop down box to assist students to pick the points allocation.
6. Enter instructor's details and phone number.
7. Students are then recorded for future training sessions.

Administrator/Coordinator can check;

1. Review of points allocated.
2. Points achieved for rank.
3. Assessment day the coordinator will review how many points achieved by the student.

Assessment form:

It is important to provide transparency and communication to the coordinator and instructor on the progress of the student.

An assessment form has been created as a guide for all ranks, black and above to assist them with the growth of the students. It can be completed and recorded at each state training session. The form was not designed to overtake the current BJMA grading sheet.

How to use the form:

The form will be used in several ways.

Disputes and resolutions:

If, on the last training day, there is a disagreement to the eligibility of a student to grade. A panel of three independent, high ranking, instructors will assess the student utilising the assessment form.

The assessors will not disclose or discuss the results to anyone other than the coordinator or Soke Billy.

If the score is below an acceptable score decided by Soke Billy Manne and the VLT. The student will be assisted by the coordinator and instructor to discuss revision. Revision process will be provided to student, instructor to follow. Guidance will be provided to assist the student to achieve a better outcome the following grading year.

If the student does not achieve the required CTP points. They will not be eligible to grade until the full CTP is achieved or approved by Soke Billy Manne or relevant leadership group.

This form can be used in different training sessions and not solely for training days.

Outcome and achievements:

- ✓ Based on positive changes and increasing the quality of students.
- ✓ The students will feel more equal among peers.
- ✓ Students will be held accountable for their own development.
- ✓ Coordinators can hold more training sessions to increase skills.
- ✓ More attendees to all training days.
- ✓ More capabilities to assist students to develop.
- ✓ Structured training program for each level of BJMA.
- ✓ More students spending time on improving the skills within BJMA.
- ✓ Less conflict within BJMA among instructors and coordinators.
- ✓ Focusing on positive changes within BJMA.

Exemptions:

There are exemptions which can be considered within the CTP program. This means everyone's circumstances, on request, can be reviewed. These exceptions will be on a case by case basis with approval from Soke Billy Manne and relevant Victorian Leadership Team.

- Any unendorsed CDP cannot be lodged. (Approval must be attained from the VLT for training sessions, seminars or other **external instructors).
- Approval for any outside instructors must be approved by Hanshi's, Soke's and/or leadership team* for use of CTP allocation. Leadership team will discuss if the appropriate training provided by internal or external source.
- Coordinators will have to approve the instructors training as appropriate to be considered as a CTP point. An email will need to be recorded as evidence of an approval and provided by approver to the coordinator.
- Exemptions for points will be approved only by Soke Billy Manne moving forward. Special considerations to be put into writing to Victorian Leadership Team and approved by senior ranks.
- 6th degree and above will be considered via the appropriate official nomination form to the relevant Victorian Leadership Team with final approval from Soke Billy Manne.
- Disabilities; Health, physical and age restrictions will be considered as exemptions with a written approval from leadership team.
- Modified gradings will need to be considered and approved by Soke Billy Manne and relevant leadership group.

Conclusion:

At this stage is very early to determine if the negative or positive impact of the proposed CTP program. Most instructors who have discussed this option have taken it as a positive move.

The Victorian Leadership Team, with the backing of Soke Billy Manne will introduce the CTP as of February 2018.

Reference:

CTP- Continual Training Program.

^BJMA – Bob Jones Martial Arts.

Positions as of 2018

Corporate Head - Soke Bob Jones – Founder, 9th Degree

Chief advisor, Mentor - Soke Richard Norton – and joint Founder, 9th Degree

Head of Martial Arts, BJMA - Soke Billy Manne- 9th Degree (refers to Soke Bob Jones)

International Leadership team – (refers to Soke Billy Manne)

Hanshi Peter Rowe - 9th Degree (NSW border region)

Hanshi Brad Ross - 9th Degree (South East QLD)

Hanshi Jim Friis - 9th Degree (Qld)

Hanshi John Leondaris – 9th Degree (SA)

Kyoshi Eddie Woodford – 8th Degree (NZ)

Kyoshi Steve Furmedge – 8th Degree (WA)

Kyoshi Rhett Junker – 7th Degree (NSW)

Kyoshi Hamish Preston – 7th Degree (TAS)

Kyoshi Steve Newton – 7th Degree (ACT)

Victorian Leadership Team (Victoria) – VLT (as of 2018, subject to change)

2017 – Hamish Preston, Tania Rowan, Matthew Mellington, Michael Clark, Chris Mendonez, Peter Smedley, Matthew Ball

** External – Referred as a non BJMA instructor or member. Not approved by BJMA Leadership team.

***Coordinator – someone whose job is to assist in coordination of grading and training day with a structured training plan.

Students are to refer to their coordinators/instructors in regards grading requirements.



GRADING ASSESSORS SHEET

Brown to Black

Name: _____ Date: _____

Club: _____ Club Instructor: _____

Current Rank: _____ Rank Attempting: _____

Grading Co-ordinator: _____ Training Sessions Attended: _____

CURRENT LEVEL OF UNDERSTANDING:

Please circle most accurate level of understanding as of today.

1. Below Satisfactory 2. Needs improvement 3. Satisfactory 4. Above Satisfactory 5 .Excellent

| | | | | | | | | | | | |
|-------------------|---|---|---|---|---|----------------|---|---|---|---|---|
| Stances | 1 | 2 | 3 | 4 | 5 | Posture | 1 | 2 | 3 | 4 | 5 |
| Focus / Intent | 1 | 2 | 3 | 4 | 5 | Timing / Speed | 1 | 2 | 3 | 4 | 5 |
| Control | 1 | 2 | 3 | 4 | 5 | Structure | 1 | 2 | 3 | 4 | 5 |
| Punches | 1 | 2 | 3 | 4 | 5 | Kicks | 1 | 2 | 3 | 4 | 5 |
| Elbows | 1 | 2 | 3 | 4 | 5 | Knees | 1 | 2 | 3 | 4 | 5 |
| Grappling | 1 | 2 | 3 | 4 | 5 | Self defence | 1 | 2 | 3 | 4 | 5 |
| Sparring | 1 | 2 | 3 | 4 | 5 | Flexibility | 1 | 2 | 3 | 4 | 5 |
| Endurance/Fitness | 1 | 2 | 3 | 4 | 5 | | | | | | |

| | | | | | | | | | | | |
|---------------|---|---|---|---|---|-----------------------|---|---|---|---|---|
| Iron Horse | 1 | 2 | 3 | 4 | 5 | Rotating Palms | 1 | 2 | 3 | 4 | 5 |
| Three Battles | 1 | 2 | 3 | 4 | 5 | Lull Before the Storm | 1 | 2 | 3 | 4 | 5 |

Comments:



GRADING ASSESSORS SHEET

1th Degree Grading

Name: _____ Date: _____

Club: _____ Club Instructor: _____

Current Rank: _____ Rank Attempting: _____

Grading Co-ordinator: _____ Training Sessions Attended: _____

CURRENT LEVEL OF UNDERSTANDING

Please circle most accurate level of understanding as of today.

1. Below Satisfactory 2. Needs improvement 3. Satisfactory 4. Above Satisfactory 5
.Excellent

| | | | | | | | | | | | |
|----------------|---|---|---|---|---|----------------|---|---|---|---|---|
| Stances | 1 | 2 | 3 | 4 | 5 | Posture | 1 | 2 | 3 | 4 | 5 |
| Focus / Intent | 1 | 2 | 3 | 4 | 5 | Timing / Speed | 1 | 2 | 3 | 4 | 5 |
| Control | 1 | 2 | 3 | 4 | 5 | Structure | 1 | 2 | 3 | 4 | 5 |
| Presentation | 1 | 2 | 3 | 4 | 5 | | | | | | |

| | | | | | | | | | | | |
|-------------------------|---|---|---|---|---|-----------------------|---|---|---|---|---|
| Iron Horse | 1 | 2 | 3 | 4 | 5 | Rotating Palms | 1 | 2 | 3 | 4 | 5 |
| Three Battles | 1 | 2 | 3 | 4 | 5 | Lull Before the Storm | 1 | 2 | 3 | 4 | 5 |
| Lightning Strikes Twice | 1 | 2 | 3 | 4 | 5 | Essay presentation | 1 | 2 | 3 | 4 | 5 |
| Free form | 1 | 2 | 3 | 4 | 5 | | | | | | |

Comments:



GRADING ASSESSORS SHEET

2th Degree Grading

Name: _____ Date: _____

Club: _____ Club Instructor: _____

Current Rank: _____ Rank Attempting: _____

Grading Co-ordinator: _____ Training Sessions Attended: _____

CURRENT LEVEL OF UNDERSTANDING

Please circle most accurate level of understanding as of today.

1. Below Satisfactory 2. Needs improvement 3. Satisfactory 4. Above Satisfactory 5 .Excellent

| | | | | | | | | | | | |
|--------------------|---|---|---|---|---|-----------------------|---|---|---|---|---|
| Stances/ feet work | 1 | 2 | 3 | 4 | 5 | Posture | 1 | 2 | 3 | 4 | 5 |
| Focus / Intent | 1 | 2 | 3 | 4 | 5 | Timing / Speed | 1 | 2 | 3 | 4 | 5 |
| Control | 1 | 2 | 3 | 4 | 5 | Structure | 1 | 2 | 3 | 4 | 5 |
| Punches | 1 | 2 | 3 | 4 | 5 | Kicks | 1 | 2 | 3 | 4 | 5 |
| Elbows | 1 | 2 | 3 | 4 | 5 | Knees | 1 | 2 | 3 | 4 | 5 |
| Grappling | 1 | 2 | 3 | 4 | 5 | Self defence | 1 | 2 | 3 | 4 | 5 |
| Shadow Sparring | 1 | 2 | 3 | 4 | 5 | Flexibility | 1 | 2 | 3 | 4 | 5 |
| Awareness | 1 | 2 | 3 | 4 | 5 | Pad work | 1 | 2 | 3 | 4 | 5 |
| Endurance/Fitness | 1 | 2 | 3 | 4 | 5 | Sparring | 1 | 2 | 3 | 4 | 5 |
| Eye of the Tornado | 1 | 2 | 3 | 4 | 5 | Lighting strike twice | 1 | 2 | 3 | 4 | 5 |
| Free form | 1 | 2 | 3 | 4 | 5 | Pad holder | 1 | 2 | 3 | 4 | 5 |
| | | | | | | Competency | | | | | |

Comments:



GRADING ASSESSORS SHEET

3th Degree Grading

Name: _____ Date: _____

Club: _____ Club Instructor: _____

Current Rank: _____ Rank Attempting: _____

Grading Co-ordinator: _____ Training Sessions Attended: _____

CURRENT LEVEL OF UNDERSTANDING

Please circle most accurate level of understanding as of today.

1. Below Satisfactory 2. Needs improvement 3. Satisfactory 4. Above Satisfactory 5 .Excellent

| | | | | | | | | | | | |
|----------------------------|---|---|---|---|---|---------|---|---|---|---|---|
| Lightning Strikes Twice | 1 | 2 | 3 | 4 | 5 | Delta 1 | 1 | 2 | 3 | 4 | 5 |
| Eye of the Tornado | 1 | 2 | 3 | 4 | 5 | Delta 2 | 1 | 2 | 3 | 4 | 5 |
| Wrath of the Python | 1 | 2 | 3 | 4 | 5 | Delta 3 | 1 | 2 | 3 | 4 | 5 |
| Free Form | 1 | 2 | 3 | 4 | 5 | Delta 4 | 1 | 2 | 3 | 4 | 5 |

| | | | | | | | | | | | |
|------------------|---|---|---|---|---|----------------|---|---|---|---|---|
| Stances | 1 | 2 | 3 | 4 | 5 | Posture | 1 | 2 | 3 | 4 | 5 |
| Focus / Intent | 1 | 2 | 3 | 4 | 5 | Timing / Speed | 1 | 2 | 3 | 4 | 5 |
| Control | 1 | 2 | 3 | 4 | 5 | Structure | 1 | 2 | 3 | 4 | 5 |
| Presentation | 1 | 2 | 3 | 4 | 5 | Awareness | 1 | 2 | 3 | 4 | 5 |
| Partners waiting | 1 | 2 | 3 | 4 | 5 | Taped Essay | 1 | 2 | 3 | 4 | 5 |

Comments:



GRADING ASSESSORS SHEET

4th Degree Grading

Name: _____ Date: _____

Club: _____ Club Instructor: _____

Current Rank: _____ Rank Attempting: _____

Grading Co-ordinator: _____ Training Sessions Attended: _____

CURRENT LEVEL OF UNDERSTANDING

Please circle most accurate level of understanding as of today.

1. Below Satisfactory 2. Needs improvement 3. Satisfactory 4. Above Satisfactory 5 .Excellent

| | | | | | | | | | | | |
|----------------------|---|---|---|---|---|-----------------------------|---|---|---|---|---|
| Master of Darkness | 1 | 2 | 3 | 4 | 5 | Delta 1 | 1 | 2 | 3 | 4 | 5 |
| Free form | 1 | 2 | 3 | 4 | 5 | Delta 2 | 1 | 2 | 3 | 4 | 5 |
| Weapon Form Sword | 1 | 2 | 3 | 4 | 5 | Delta 3 | 1 | 2 | 3 | 4 | 5 |
| Weapon Form 2 | 1 | 2 | 3 | 4 | 5 | Essay Video | 1 | 2 | 3 | 4 | 5 |
| Weapon form 3 | 1 | 2 | 3 | 4 | 5 | Understanding of weapons | 1 | 2 | 3 | 4 | 5 |

| | | | | | | | | | | | |
|------------------|---|---|---|---|---|-----------------------------|---|---|---|---|---|
| Stances | 1 | 2 | 3 | 4 | 5 | Posture | 1 | 2 | 3 | 4 | 5 |
| Focus / Intent | 1 | 2 | 3 | 4 | 5 | Timing / Speed | 1 | 2 | 3 | 4 | 5 |
| Control | 1 | 2 | 3 | 4 | 5 | Structure | 1 | 2 | 3 | 4 | 5 |
| Presentation | 1 | 2 | 3 | 4 | 5 | Awareness | 1 | 2 | 3 | 4 | 5 |
| Partners waiting | 1 | 2 | 3 | 4 | 5 | Video Essay presentation | 1 | 2 | 3 | 4 | 5 |

Comments:



GRADING ASSESSORS SHEET

5th Degree Grading

Name: _____ Date: _____
 Club: _____ Club Instructor: _____
 Current Rank: _____ Rank Attempting: _____
 Grading Co-ordinator: _____ Training Sessions Attended: _____

CURRENT LEVEL OF UNDERSTANDING

Please circle most accurate level of understanding as of today.

1. Below Satisfactory 2. Needs improvement 3. Satisfactory 4. Above Satisfactory 5
 .Excellent

| | | | | | | | | | | | |
|-----------------------|---|---|---|---|---|--------------------------|---|---|---|---|---|
| Stances | 1 | 2 | 3 | 4 | 5 | Posture | 1 | 2 | 3 | 4 | 5 |
| Focus / Intent | 1 | 2 | 3 | 4 | 5 | Timing / Speed | 1 | 2 | 3 | 4 | 5 |
| Control | 1 | 2 | 3 | 4 | 5 | Structure | 1 | 2 | 3 | 4 | 5 |
| Presentation | 1 | 2 | 3 | 4 | 5 | Awareness | 1 | 2 | 3 | 4 | 5 |
| Partners waiting | 1 | 2 | 3 | 4 | 5 | Video Essay presentation | 1 | 2 | 3 | 4 | 5 |
| The way of the dragon | 1 | 2 | 3 | 4 | 5 | Freeform | 1 | 2 | 3 | 4 | 5 |
| Delta | 1 | 2 | 3 | 4 | 5 | | | | | | |

Comments: