

				<b>Scoring for Individual Techniques</b>
<b>Student:</b>				5 = Demonstrated Perfect Technique, with Proper Emotional Content, without Hesitation
				4 = Demonstrated Acceptable Technique without Hesitation
<b>Guro:</b>				3 = Demonstrated Acceptable Technique but Hesitated
				2 = Demonstrated Basic Technique, but Really Needs Seasoning
<b>Date:</b>				1 = Demonstrated Technique, but Only After Being Shown
				0 = You have failed as a student and/or we have failed as instructors
<b>Defensor Method Level 1A Test</b>				
<b>Skill / Concept</b>			<b>Score</b>	<b>Comments</b>
<b>Warm-Ups</b>				
		Twirls, Left & Right		
		Witiks, Left & Right		
		Shrugs		
		6 Count		
		Fluid (Downward) 6 Count		
		Upward 6 Count		
		Sunkite 6 Count		
<b>Figure 8's</b>				
		Down		
		Up		
		Bulan (Moon)		
		Adlau (Sun)		
		Horizontal		
		Vertical		
		Double Down		
		Double Up		
<b>Single Stick Switches</b>				
		Arm Up		
		Arm Down		
		Back Up		
		Back Down		
<b>DM Angles 1-12</b>				
		Stationary		
		Classic		

Defensor Method Level 1A Test				
Skill / Concept			Score	Comments
<b>Footwork</b>				
	Forward (Male) Triangle			
	Reverse (Female)Triangle			
	Lateral Triangle			
	Fake Takeoff			
	Muay Thai Box Stepping			
	Muay Thai Box Stepping, Switch Leads			
	Muay Thai Box Stepping, w/ Partner			
	Shuffle step			
	Cross Step			
<b>Open Hands</b>				
	JCH			
	JCU			
	CHC			
	CUC			
	OUO			
	UUU			
	JHC			
	HCH			
	Chut Chun Choi, 30 Seconds			
<b>Hubad Lubad, Empty Hand</b>				
	Basic, w/ C-Hand			
	Dakop, Control Arm			
	Pass			
	Hambak			
	Shoulder Stop			
<b>Kicks/Sikaran</b>				
	Thai Cut Kick, Right Leg			
	Thai Cut Kick, Left Leg w/ Half Shuffle			
	Push Kick/Foot Jab			
	Tadyak/Oblique			
	Low Side Kick/Dongab			
	Thai Knees, 10, Plum w/ Skip Knee			
	Cut Kicks, 10 Each Leg			