

Student Name \_\_\_\_\_

Date \_\_\_\_\_

Current Rank \_\_\_\_\_

Style: Ryukyu Kempo \_\_ Isshinryu\_\_ Other\_\_



KJK  
Assessment  
Rubric

		Rarely		Sometimes		Often		Almost Always		Not Applicable
		1	2	3	4	5	6	7	8	NA

**Body Mechanic Standards**

**Structural Alignment**

Demonstrates proper foot position in stances	1.Solo	1	2	3	4	5	6	7	8	NA
	1.App.	1	2	3	4	5	6	7	8	NA
Demonstrates proper leg alignment in stances (ankle-knee-hip)	2.Solo	1	2	3	4	5	6	7	8	NA
	2.App.	1	2	3	4	5	6	7	8	NA
Demonstrates proper hip position	3.Solo	1	2	3	4	5	6	7	8	NA
	3.App.	1	2	3	4	5	6	7	8	NA
Demonstrates proper axial alignment	4.Solo	1	2	3	4	5	6	7	8	NA
	4.App.	1	2	3	4	5	6	7	8	NA
Demonstrates proper arm/hand positioning	5.Solo	1	2	3	4	5	6	7	8	NA
	5.App.	1	2	3	4	5	6	7	8	NA

**Body Movement**

Demonstrates proper positive & splitting hip rotation	1.Solo	1	2	3	4	5	6	7	8	NA
	1.App.	1	2	3	4	5	6	7	8	NA
Correctly times hip rotation during transitional movements (holding the hip)	2.Solo	1	2	3	4	5	6	7	8	NA
	2.App.	1	2	3	4	5	6	7	8	NA
Transitions smoothly from stance to stance (i.e. controlled imbalance)	3.Solo	1	2	3	4	5	6	7	8	NA
	3.App.	1	2	3	4	5	6	7	8	NA
Demonstrates proper hand-hip timing	4.Solo	1	2	3	4	5	6	7	8	NA
	4.App.	1	2	3	4	5	6	7	8	NA
Demonstrates proper alignment of kicking leg (foot-ankle-knee-hip)	5.Solo	1	2	3	4	5	6	7	8	NA
	5.App.	1	2	3	4	5	6	7	8	NA
Demonstrates proper coil/recoil when kicking	6.Solo	1	2	3	4	5	6	7	8	NA
	6.App.	1	2	3	4	5	6	7	8	NA

**Kata Knowledge**

Can perform Naihanchi Shodan	1	Y	N		NA
Can breakdown Naihanchi Shodan	2	Y	N		NA
Can perform other kata	3	Y	N		NA
Can breakdown other kata	4	Y	N		NA

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		1	2	3	4	5	6	7	8	NA
<b>Bunkai Standards</b>										
<b>Bunkai – General</b>										
Demonstrates depth of understanding of kata application	1	1	2	3	4	5	6	7	8	NA
Kata bunkai are realistic and decisive	2	1	2	3	4	5	6	7	8	NA
Consistently manipulates/controls the attacker	3	1	2	3	4	5	6	7	8	NA
Creatively adapts principles to personal strengths and weaknesses	4	1	2	3	4	5	6	7	8	NA
<b>Bunkai – Elements of Kyusho</b>										
Consistently applies knowledge of Kyusho principles to Bunkai (i.e. kinesthetic response, cycle of destruction, etc.)	1	1	2	3	4	5	6	7	8	NA
Effectively executes principles in demonstration	2	1	2	3	4	5	6	7	8	NA
Demonstrates knockouts	3	Y	N							NA
Has a thorough knowledge of and can use a minimum of 16 points (4 leg, 4 arm, 4 torso, 4 head)	4	Y	N							NA
Successfully demonstrates KO revival	5	Y	N							NA
<b>Bunkai – Principles of Tuite</b>										
Consistently applies knowledge of the 9 principles of tuite to Bunkai	1	1	2	3	4	5	6	7	8	NA
Effectively executes principles in demonstration	2	1	2	3	4	5	6	7	8	NA
<b>Bunkai – Integration of Principles</b>										
Effectively creates redundancy within a technique through the integration of multiple principles	1	1	2	3	4	5	6	7	8	NA

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		1	2	3	4	5	6	7	8	NA
<b>Randori Standards</b>										
<b>Randori Defense – The Trainee: Application Under Duress</b>										
Consistently and effectively responds to the attack	1	1	2	3	4	5	6	7	8	NA
Retains fine motor control in stressful conditions	2	1	2	3	4	5	6	7	8	NA
Varies responses to attacks (as allowed by the set parameters of the randori exercise)	3	1	2	3	4	5	6	7	8	NA
Demonstrates awareness of the next opponent	4	1	2	3	4	5	6	7	8	NA
Transitions into follow-up attacks after initial engagement	5	1	2	3	4	5	6	7	8	NA
<b>Randori Offense – The Trainer: Teaching Success</b>										
Appropriately times attack to maintain consistent offensive pressure	1	1	2	3	4	5	6	7	8	NA
Appropriately matches attack intensity to the <i>trainee's</i> stress threshold	2	1	2	3	4	5	6	7	8	NA
Attacks are realistic	3	1	2	3	4	5	6	7	8	NA
Responds to trainee's counter-attacks as though not wearing armor	4	1	2	3	4	5	6	7	8	NA
Provides verbal prompts for the trainee if the trainee freezes	5	1	2	3	4	5	6	7	8	NA
<b>Randori Facilitation</b>										
Structures the randori exercise to achieve a clear instructional goal	1	1	2	3	4	5	6	7	8	NA
Structures the randori exercise to meet the needs of the trainee	2	1	2	3	4	5	6	7	8	NA
Clearly explains the parameters to participants	3	1	2	3	4	5	6	7	8	NA
Monitors the exercise and responds appropriately to the needs of the trainee (i.e. prompting trainers, stopping the exercise)	4	1	2	3	4	5	6	7	8	NA

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<b>KJK Instructional Standards</b>										
Can differentiate instruction to meet the needs of <i>all</i> students	1	1	2	3	4	5	6	7	8	NA
Demonstrates holistic understanding of body structure and movement in instruction	2	1	2	3	4	5	6	7	8	NA
Can diagnose bio-mechanical dysfunction in solo performance and application and addresses issues appropriately	3	1	2	3	4	5	6	7	8	NA
Can diagnose conceptual errors in bunkai and address issues appropriately	4	1	2	3	4	5	6	7	8	NA

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**KJK Assessment Scoring Matrix**

	<b>6<sup>th</sup> Kyu</b>	<b>3<sup>rd</sup> Kyu</b>	<b>Shodan</b>	<b>Nidan</b>	<b>Sandan</b>
<b>Structural Alignment</b>	Solo: 13 App: 10	Solo: 18 App: 15	Solo: 23 App: 20	Solo: 28 App: 25	Solo: 33 App: 30
<b>Body Movement</b>	Solo: 15 App: 12	Solo: 21 App: 18	Solo: 27 App: 24	Solo: 33 App: 30	Solo: 39 App: 36
<b>Kata Knowledge</b>	1. Y 2. NA 3. NA 4. NA	1. Y 2. NA 3. Y 4. NA	1. Y 2. Y 3. Y 4. NA	1. Y 2. Y 3. Y 4. Y	1. Y 2. Y 3. Y 4. Y
<b>Bunkai-General</b>	1: NA 2&3: 9	1: NA 2&3: 12	20	24	28
<b>Bunkai-Kyusho</b>	1: NA 2: 3 3-5: NA	1&2: 8 3-5: NA	1&2: 10 3: NA 4: Y (12) 5: NA	1&2: 12 3: Y (2) 4: Y (16) 5: Y	1&2: 14 3: Y (3) 4: Y (16) 5: Y
<b>Bunkai-Tuite</b>	1: NA 2: 3	8	10	12	14
<b>Bunkai-Integration</b>	NA	4	5	6	7
<b>Randori-Trainee</b>	NA	15	20	23	25
<b>Randori-Trainer</b>	NA	24	28	28	33
<b>Randori-Facilitator</b>	NA	NA	1-3: NA 4: 6	26	30
<b>Instructor</b>	NA	NA	NA	1: NA 2-4: 10	18