

STUDENT SELF-EVALUATION SHEET

NAME: _____

DATE: ____/____/____

YOU WILL NEED TO RATE YOUR PROGRESS FROM WHITE BELT QUALITY TO SENSEI QUALITY. PLEASE BE HONEST WITH YOURSELF.

1. YOUR KNOWLEDGE OF THE TECHNIQUE?

(HOW WELL DID YOU KNOW YOUR TECHNIQUES)



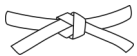
2. YOUR POWER IN YOUR TECHNIQUE?

(HOW STRONG DID YOU DO YOUR TECHNIQUES)



3. YOUR SPEED IN YOUR TECHNIQUE?

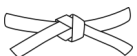
(HOW FAST DID YOU MOVE YOUR BODY IN YOUR TECHNIQUES)



4. YOUR ENERGY LEVEL IN YOUR TECHNIQUE?

(HOW MUCH ENERGY DID YOU PUT IN YOUR TECHNIQUES)

(HOW LOUD WAS YOUR BREATHING AND KI-AHP)



THIS SHEET IS FOR YOU, THE STUDENT, TO EVALUATE YOURSELF AND YOUR PERFORMANCE. SELF-EVALUATION IS NEEDED IN ORDER TO GROW.