

POOM/DAN EVALUATION CRITERIA

APPLICANT NUMBER NZL-_____

NAME _____

TCON LOG-IN _____

DATE of BIRTH _____

EXAMINER NUMBER _____

NAME _____




	Evaluation factor	BASIC MOVEMENT EVALUATION										Total
		GOOD			AVERAGE			POOR				
	Accuracy (50)	50	45	40	35	30	25	20	15	10	5	
	Skilfulness (40)	40	36	32	28	24	20	16	12	8	4	
	Balance (10)	10	9	8	7	6	5	4	3	2	1	
	TOTAL							Total Divided by 10				

	Evaluation factor	POOMSAE EVALUATION - ONE										Total
		GOOD			AVERAGE			POOR				
Poomsae	Accuracy (50)	50	45	40	35	30	25	20	15	10	5	
	Skilfulness (40)	40	36	32	28	24	20	16	12	8	4	
	Balance (10)	10	9	8	7	6	5	4	3	2	1	
	TOTAL							Total Divided by 5				

	Evaluation factor	POOMSAE EVALUATION - TWO										Total
		GOOD			AVERAGE			POOR				
Poomsae	Accuracy (50)	50	45	40	35	30	25	20	15	10	5	
	Skilfulness (40)	40	36	32	28	24	20	16	12	8	4	
	Balance (10)	10	9	8	7	6	5	4	3	2	1	
	TOTAL							Total Divided by 5				

	Evaluation factor	KYORUGI EVALUATION										Total
		GOOD			AVERAGE			POOR				
	Offensive (30)	30	27	24	21	18	15	12	9	6	3	
	Defensive (30)	30	27	24	21	18	15	12	9	6	3	
	Variety of techniques (40)	40	36	32	28	24	20	16	12	8	4	
	TOTAL							Total Divided by 2.5				

Evaluation factor	BREAKING EVALUATION								Total	Score	
	GOOD		AVERAGE		POOR						
Hand or Arm Technique											
1	Complete Break (50)	50	40	30	20	5					
	Skilfulness (30)	30	24	18	12	3					
	Energy (20)	20	16	12	8	2					
Simple Foot Technique											
2	Complete Break (50)	50	40	30	20	5					
	Skilfulness (30)	30	24	18	12	3					
	Energy (20)	20	16	12	8	2					
Jumping Foot Technique											
3	Complete Break (50)	50	40	30	20	5					
	Skilfulness (30)	30	24	18	12	3					
	Energy (20)	20	16	12	8	2					
Spinning or Turning Foot Technique											
4	Complete Break (50)	50	40	30	20	5					
	Skilfulness (30)	30	24	18	12	3					
	Energy (20)	20	16	12	8	2					
Toal Scores						Total Scores divided by 40					

	Basics	Poomsae ONE	Poomsae TWO	Kyorugi	Breaking
Total Scores					
FINAL SCORE (Total scores added together)				60% or more is required for PASS grade	

TOTAL _____ / 100	PASS / FAIL
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