

Aerobic Kickboxing-Skill Assessment

Rank each student on the following skill components using the scale below. Have them repeat the skill sequence three times before giving your ranking. C=competent (does every time); P=progressing (does on most attempts); B=basic (does occasionally but still needs to work on this part.)

C	P	B	Description
			<u>Stance:</u> The student's hands are in fists and are guarding their face with one foot back. The core is held tight with elbows in and knees bent. Feet are shoulder width apart
			<u>Jab:</u> The student delivers the jab with the hand the same side as the front foot. The jab is delivered straight forward with fist tight and wrist straight. The opposite hand continues to guard the face and feet are in the ready stance.
			<u>Hook:</u> The student's knee dips and the punch is delivered with the fist on the same side as the lead foot parallel with floor across the body. The fist remains tight with the wrist straight. Both feet pivot when the student punches.
			<u>Cross:</u> The student's punching hand is opposite of front foot and the punch is delivered with a fist tight and wrist straight. The back foot pivots when the student punches.
			<u>Round Kick:</u> The student's support foot pivots, knee and foot are aligned, and the kick is made with the top of the foot. The student guards their face by keeping fists at cheeks and kicks are delivered in a sequence of chamber-kick-re-chamber and land
			<u>Front Kick:</u> The student's kick is made with ball of foot against the target. The student guards their face by keeping fists at cheeks and the kick is delivered in a sequence of chamber-kick-re-chamber and land
			<u>Performance:</u> The student performs a sequence of jab, cross, hook, round kick and front kick three times with no mistakes

Student: _____ Teacher: _____ Date: _____

Aerobic Kickboxing-Skill Assessment

Rank each student on the following skill components using the scale below. Have them repeat the skill sequence three times before giving your ranking. C=competent (does every time); P=progressing (does on most attempts); B=basic (does occasionally but still needs to work on this part.)

C	P	B	Description
			<u>Stance:</u> The student's hands are in fists and are guarding their face with one foot back. The core is held tight with elbows in and knees bent. Feet are shoulder width apart
			<u>Jab:</u> The student delivers the jab with the hand the same side as the front foot. The jab is delivered straight forward with fist tight and wrist straight. The opposite hand continues to guard the face and feet are in the ready stance.
			<u>Hook:</u> The student's knee dips and the punch is delivered with the fist on the same side as the lead foot parallel with floor across the body. The fist remains tight with the wrist straight. Both feet pivot when the student punches.
			<u>Cross:</u> The student's punching hand is opposite of front foot and the punch is delivered with a fist tight and wrist straight. The back foot pivots when the student punches.
			<u>Round Kick:</u> The student's support foot pivots, knee and foot are aligned, and the kick is made with the top of the foot. The student guards their face by keeping fists at cheeks and kicks are delivered in a sequence of chamber-kick-re-chamber and land
			<u>Front Kick:</u> The student's kick is made with ball of foot against the target. The student guards their face by keeping fists at cheeks and the kick is delivered in a sequence of chamber-kick-re-chamber and land
			<u>Performance:</u> The student performs a sequence of jab, cross, hook, round kick and front kick three times with no mistakes

Student: _____ Teacher: _____ Date: _____

Aerobic Kickboxing Assessment Teacher Guide

Rank the student on the following skill components using the scale below. Have them repeat the skill at least three times before giving your ranking. P=proficient (does every time); C=competent (does on most attempts);B=basic (does occasionally but still needs to work on this part.)

Stance

Description

P	The student's hands are in fists and are guarding their face with one foot back. The core is held tight with elbows in and knees bent. Feet are shoulder width apart.
C	The student's hands are in fists, but not guarding face. The core is held tight and elbows in, knees are bent and feet shoulder width apart.
B	Same as above however feet are less than 1.5 feet apart.

Jab

Description

P	The student delivers the jab with the hand the same side as the front foot. The jab is delivered straight forward with fist tight and wrist straight. The opposite hand continues to guard the face and feet are in the ready stance
C	The student does not guard the face, jab arm has limp wrist and is not straight. Feet are in the ready stance.
B	Same as above however, the jab is delivered with back arm versus front arm. Feet are parallel versus staggered.

Hook

Description

P	The student's knee dips and the punch is delivered with the fist on the same side as the lead foot parallel with floor across the body. The fist remains tight with the wrist straight. Both feet pivot when the student punches.
C	The student's knees don't dip and the punch is delivered without the feet pivoting. The student is in the ready stance
B	The student delivers the hoop punch with the back versus front arm and the feet are parallel versus staggered

Cross

Description

P	The student's punching hand is opposite of front foot and the punch is delivered with a fist tight and wrist straight. The back foot pivots when the student punches. The feet are in the ready stance.
C	The student does not pivot the back foot. The feet are in the ready stance. The arm is limp and wrist not straight when delivering the punch.
B	The student uses the jab instead of cross (arm moves forward versus across body). Feet are parallel versus staggered.

Round Kick

Description

P	The student's support foot pivots, knee and foot are aligned, and the kick is made with the top of the foot. The student guards their face by keeping fists at cheeks and kicks are delivered in a sequence of chamber-kick-re-chamber and land in the ready stance.
C	The student pivots < 90 degrees when kicking. The hands drop from face. The knee and foot are not aligned. The student chambers- kicks-re-chambers and lands in the ready stance.
B	The student does not pivot the foot, swings the leg without chamber or re-chamber. May kick with the side of the foot or toe and does not effectively return to the ready stance.

Front Kick

Description

P	The student's kick is made with ball of foot against the target. The student guards their face by keeping fists at cheeks and the kick is delivered in a sequence of chamber-kick-re-chamber and lands in the ready stance.
C	The student's hands drop, core collapses (shoulders roll forward). They maintain the sequence of chamber-kick-re-chamber and land in ready stance.
B	The student's hands drop. The kicks are delivered without a chamber-kick-re-chamber sequence. The student kicks the target with the toe versus ball of the foot.

Performance

Description

P	The student performs a sequence of jab, cross, hook, round kick and front kick three times with no mistakes in the sequence
C	The student performs a sequence of jab, cross, hook, round kick and front kick three times with two mistakes in the sequence
B	The student performs a sequence of jab, cross, hook, round kick and front kick three times with more than two mistakes in the sequence