

FORM CHECK OFF

Steps to getting a form checked off:

1. Memorize your form. To be able to perform it at a Black Belt level, you must have the entire form memorized move for move.
2. Film yourself doing the form. You can probably "see" and fix 75% of things on your own.
3. Watch your video and really look at each move of your form to see what needs to be fixed. Take your own notes throughout the video.
4. After watching your video, repeat steps 2 and 3 until you have fixed what you have found.
5. Once you have done steps 1-4 **THEN** go to a black belt and ask them to review your form.
6. Write down all feedback on a separate piece of paper labelled for JUST that form (a couple sheets of paper should be behind each form in your binder). Note which Black Belt gave you the feedback and what day they gave them to you.
7. Work on that feedback. This is not taking 10 minutes to work on your chambers in the mirror. This means taking it home, working on it and video tape to be sure it is corrected. Don't expect to be looked at again until the NEXT CLASS. This portion may take several attempts before you are truly ready to be "checked off".
8. Go back to the same Black Belt, if possible, and tell them EXACTLY what you were working on and ask them to review your form. Expect NEW things to come your way. We only give 3-5 things each time to work on (Some things can't be fixed until others are. Also, we don't want to overwhelm you with too many notes immediately). You will probably need 3-5 reviews in order to get a form checked off at a Black Belt level. This is a PROCESS.
9. When the Black Belt you have been working with gives you the go ahead, sign up to have Instructor Chris, Jake, or Kyle look at the form.
10. At this point you may need to repeat steps 6 and 7 to get "checked off"
12. Be prepared to do pushups AND a previous form in order to get your form reviewed.

Last but not least, if you have been working within this system for 2-3 weeks and haven't been able to get a specific form checked off you NEED to go see either the Instructors or Ms. Karen to get help. Tell them you have hit a road block and you need a push to get you through that form. Whatever you do, make sure you don't spin your wheels on one specific item for more than 2-3 weeks. The goal is to always keep moving forward, whether you need a Private Lesson or just a few tips the only way to get help is to be proactive.

All Palchugi Forms – what needs to be there for check off:

1. Joonbee – three distinct moves and timing on the step out.
2. Stepping out wide enough when you start a leg of your form.
3. Strong start and strong finish to each leg of the form. Give a tiny pause to emphasize.
4. When you move from leg to leg of the form your hands switch at the elbows – do not bring your hands in to push them out.
5. All kicks are chambered and re-chambered at a proper height.
6. All kicks are at least belt high.
7. Your base foot is completely backwards when you do a side, back, or hook kick.
8. Your shoulders stay over your base foot on a back or side kick – don't rotate them around with the kick or you will over-rotate on your base foot and probably lose your balance.
9. Your back and side kicks are slightly to the outside of your body – no kicking past your crack – you will lose your balance.
10. All kicks are fully extended. The hip joint, knee joint and ankle joint form one straight smooth line.
11. All Round and Butterfly kicks are done to the line, not over it with joints all in line and full extension (no knee bends).
12. When you finish on the barro, your hands stay at height as they come around – no elephant trunks.
13. To change from one side to the other (180 turn) drop step behind to make a smooth transition – no “barn door”
14. Arms stay tight to the body in a fight stance – one hand up near your cheek bone and the other out in front ready to jab. Don't invite others into your party – make it aggressive and watch for “chicken wings” when your elbows come off your body.
15. Spotting crisply at the beginning and end of each leg prior to moving into the next.
16. Good “power transfer” – your body settles foot and hands at the same time.
17. Symmetry in the placement of your hands for any chambers and same height for fight stance or reverse stance.

18. No floppy feet - your foot should always be pointed on round, butterfly and hook kicks, sharp knife edge for back and side kicks and flexed up then down for axe kicks.