

Phase One Evaluation

The purpose of this questionnaire is to prepare students for Phase Two by helping them evaluate their progress in training so far. These questions will call for students to look back at their own individual skills and abilities, aptitude and interests.

What skills, techniques or areas of training are the most challenging for you?

Order these skills in terms of your present ability and aptitude, 1 being least able/apt, 6 being most able/apt to learn:

- _____ Kicking Skills
- _____ Boxing Skills
- _____ Trapping Skills
- _____ Grappling Skills
- _____ Weapons Skills
- _____ Attribute Development

What techniques or skills would you like to incorporate into your own personal arsenal or your own personal style?

Of your current attributes, what is your strongest attribute?

What are your weakest attributes?

Every student comes to training with a different set of skills and experiences. Over time they often find that certain areas of training are easier, progress comes more quickly for them than in other areas. Looking back at your experience so far, what areas of training do you feel that you have a natural aptitude?

What steps have you taken to develop your Attributes (strength, speed, endurance, flexibility, etc.)?

How often are you currently training, how many hours per week?

What for you have been the most frustrating or difficult aspects of training?

What would you say is your primary interest in training?

- Learning to defend yourself
 - Getting in shape, Fitness
 - Weight Loss
 - Personal Expression
 - Competition, The Game
 - Other: _____
- A personal athletic challenge
 - To develop your sense of confidence, self-esteem
 - Anger/Stress Management, Self-Control
 - Learning about the Culture & History
 - Camaraderie, to be around like-minded people
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How has this changed since you began?