

Red Shirt Testing			
	Exercise	CheckPoints	Performance
Strengths	Deep Squat	<input type="checkbox"/> Feet shoulder width apart <input type="checkbox"/> Knees Not Past Toes <input type="checkbox"/> Straight Back <input type="checkbox"/> Chest and Head Up	Perform 10 deep squat with correct form  E_____ S_____ N_____
	Plank	<input type="checkbox"/> Elbows Locked <input type="checkbox"/> Hands Under Shoulders <input type="checkbox"/> Back is Flat <input type="checkbox"/> Behind Down	Hold proper plank position: Attempt 30 seconds Minimum 10 seconds E_____ S_____ N_____
	Lunges	<input type="checkbox"/> Back Knee 1 Inch From Floor <input type="checkbox"/> Front knee NOT Past Front Toes <input type="checkbox"/> Back is Straight <input type="checkbox"/> Keep Balance on Return	Perform alternating lunges. 5 each leg  E_____ S_____ N_____
Skills	Bridge	<input type="checkbox"/> Hips Extended Off the Mat <input type="checkbox"/> Proper Head Position <input type="checkbox"/> Not Overextended (neck)	Hold bridge arch for 20 seconds  E_____ S_____ N_____
	Forward Rolls	<input type="checkbox"/> Hand Position <input type="checkbox"/> Chin to Chest <input type="checkbox"/> Body Remains Tucked <input type="checkbox"/> Return to Good Position	Perform 5 forward rolls  E_____ S_____ N_____
	Bear Crawl	<input type="checkbox"/> Hands and Feet Only <input type="checkbox"/> Maintain Proper Balance <input type="checkbox"/> Acceptable Bear Growl :)	Bear crawl required distance without losing position E_____ S_____ N_____
Techniques	Duck Walk	<input type="checkbox"/> Proper Position (Deep Squat) <input type="checkbox"/> Maintain Low Position <input type="checkbox"/> Back Upright (not bent over) <input type="checkbox"/> Acceptable Duck Quack :)	Duck walk required distance without losing position  E_____ S_____ N_____
	Galloping	<input type="checkbox"/> One foot stays in front <input type="checkbox"/> Knees slightly bent <input type="checkbox"/> Proper hopping motion, under control	Gallop correctly for designated distance.  E_____ S_____ N_____
	Position (stance)	<input type="checkbox"/> Proper Foot Distance <input type="checkbox"/> Knees Bent <input type="checkbox"/> Back Straight <input type="checkbox"/> Arm Position	Demonstrate Proper Position  E_____ S_____ N_____
	Motion	<input type="checkbox"/> Proper Small Step (back), Big Step (front) <input type="checkbox"/> Foot Distance Always Shoulder Width <input type="checkbox"/> Feet NEVER Crossed or Touched	Forward E_____ S_____ N_____
	Level Change	<input type="checkbox"/> Not Bent at Back <input type="checkbox"/> Head Up <input type="checkbox"/> Keep Good Position	Left. Right, Circle L&R E_____ S_____ N_____
	Penetration Step	<input type="checkbox"/> footwork and level change <input type="checkbox"/> lead leg penetrates knee to mat <input type="checkbox"/> penetration step depth <input type="checkbox"/> swing trail leg up for finish or back to position	Perform proper penetration step technique  E_____ S_____ N_____
	Set Top	<input type="checkbox"/> Knee Placement <input type="checkbox"/> Back Foot Placement <input type="checkbox"/> Proper Elbow Grip <input type="checkbox"/> Proper Wrap Hand Position	Demonstrate Proper Top Set Position  E_____ S_____ N_____
	Set Bottom	<input type="checkbox"/> Proper Hand Placement <input type="checkbox"/> Proper Knee Placement <input type="checkbox"/> Head Position <input type="checkbox"/> Weight Distribution (lower body)	Demonstrate Proper Bottom Set Position  E_____ S_____ N_____