



CRITERIA OF COMBATIVE ASSESSMENT DURING ALL SPARRING SESSIONS.

Control of Emotions and Intensity:

- ▶ Demonstrating controlled skills without aggression or malicious intent.
- ▶ More experienced athletes mentoring and guiding less experienced ones, showcasing maturity and leadership.
- ▶ Emphasis on superior control to ensure a safe and respectful sparring environment.

Composure:

- ▶ Staying fully engaged and in control despite external pressures.
- ▶ Avoiding interference from emotions, ensuring a consistent and focused performance.
- ▶ Highlighting the importance of mental fortitude in challenging situations.

Content (Skill Matching Experience):

- ▶ Displaying a variety of skills, techniques, and strategies in line with one's training timeline.
- ▶ The correlation between maturity in skill sets and the duration of training.

Creativity:

- ▶ Showcasing adaptability and a well-rounded understanding of martial arts.
- ▶ Showcasing a high fighting IQ through strategic problem-solving.
- ▶ Utilizing attributes in a creative and strategic manner.
- ▶ Emphasizing the ability to think on one's feet and adapt to changing situations.

Confidence:

- ▶ Displaying confidence without arrogance or ego.
- ▶ Executing techniques with poise, sharpness, and precision.
- ▶ Emphasis on proper range, timing, and distance understanding.

Courage:

- ▶ Demonstrating an indomitable spirit, acting without freezing under pressure.
- ▶ Balancing courage with self-control, ensuring a controlled response to challenges.
- ▶ Highlighting the mental strength required in martial arts.

Competitive Spirit:

- ▶ Fostering a non-quitting mindset and healthy competition.
- ▶ Avoiding aggression and maintaining discipline in the pursuit of excellence.
- ▶ Emphasis on determination to do one's best without compromising sportsmanship.

Additional Considerations:

- ▶ Displaying respect for opponents, officials, and staff.
- ▶ Acknowledging and adhering to the rules and etiquette of the martial arts.
- ▶ Maintaining integrity and honor throughout the assessment process.

Cultural and Traditional Awareness:

- ▶ Upholding the values and traditions of martial arts.
- ▶ Preserving the cultural aspects of the practice, showing awareness and respect.
- ▶ Emphasizing the role of martial arts as a holistic discipline, not just a sport.

Overall, the assessment criteria aim to evaluate not only physical skills but also the mental and emotional attributes that contribute to a well-rounded martial artist.