

The Fabulous Fifty Award

										
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Students Name _____ **Instructors Signature** _____
Form Practiced _____ **Belt Rank** _____ **Date** _____

INSTRUCTIONS:

- Students can receive credit for doing any form up their rank, twice a day during the course of a Block Testing Cycle.
 - They may turn in up to 3 “Fabulous Fifty Award” sheets per testing cycle.
 - They may choose from 2 previously learned forms plus their current cycle form.
 - Forms must be verified, initialed, and dated by a parent.
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- Academy instructors reserve the right to test or not test students for form quality upon completion and submission of this award sheet.
 - V-Patch stars are awarded based on quality of the forms presented.
 - **Categories:** Stances, Basics, Kicks, Rhythm, Timing, Enthusiasm, Focus, etc.
 - Blue = Ok, average, basic, normal, no real improvement.
 - Silver = Good, above average, strong, significant improvement.
 - Gold = Great, Outstanding, Awesome improvement.

NOTE: The intention of the “Fabulous Fifty Award” sheet is to reinforce a student’s mental memorization skill and enhance their physical capabilities. Both of these items are required in achieving the coveted rank of Black Belt.