

Perform a Physical Activity to Nationally Developed Performance Standards

International Taekwon-Do

Considerations and Observations

Students attempting this standard must be experienced with sparring and be a part of a recognised Taekwon-Do organisation.

Qualifications must be observed and signed by the student's teacher and/or Club Instructor.

Further information is available on the organisation website, www.itkd.co.nz

Achievement Criteria for 3.4

Achievement	Achievement With Merit	Achievement With Excellence
Consistently perform the physical activity to achievement level of the nationally developed performance standards in an applied setting.	Consistently and effectively perform the physical activity to achievement with Merit level of the nationally developed performance standards in an applied setting.	Consistently and effectively perform the physical activity to achievement with Excellence level of the nationally developed performance standards in an applied setting plus display the 'X' factor.

Taekwon-Do

Level 3 – Achievement Standard 3.4		
Achieved	Merit	Excellence
Demonstrate achievement level of National Standard	Demonstrate merit level of National Standard	Demonstrate excellence level of National Standard
<p>This means:</p> <p>Consistently demonstrates a wide range (3+) of skills in each of the following categories: Offensive skills, Defensive skills, Ring Craft.</p>	<p>This means:</p> <p>Consistently and effectively demonstrates a wide range of skills in each of the following categories: Offensive skills, Defensive skills, Ring Craft.</p>	<p>This means:</p> <p>Consistently and effectively demonstrates a comprehensive range of skills in each of the following categories: Offensive skills, Defensive skills, Ring Craft, and displays the 'X' factor</p>

Offensive skills

- Striking effectively to legal target areas: front of head, front half of torso above waist.
(1 point - punch to head or torso, 2 points - kick to torso, 3 points - kick to head)
- Penetration skills:
(Accurate punching, kicking, dodging, change of speed, change of position)
- Using ring effectively to score points by forcing them out of ring.
- Creates space for self by moving into position at the right time.
- Make good decisions about what move to make: whether to strike, kick, block, dodge.
- Makes things 'happen'.

Defensive skills

- Sparring defensively.
- Defending a specific technique using footwork, speed, agility, timing.
- Intercepting a technique, timing, elevation.
- Closing down options.
- Pressurising opponent to make errors.
- Using arms, legs or body effectively as blocking techniques.
- Awareness of where self is in the ring at all times.

Ring Craft

- Changing from offense to defence and vice versa.
- Gets into good position at the right moment
- Use of peripheral vision.
- Change of direction.
- Reading opponent and anticipate developments ahead of the action.
- Skill level so autonomous that focus is on strategy.
- Fitness level allows the positive, effective use of the skills.
- Strategic ability is displayed

Taekwon-Do Marking Schedule

Student being observed

Instructor/Teacher Verification

Date

Offensive Skills

	Consistent ✓ / X	Effective ✓ / X
Striking effectively to legal target areas: front of head, front half of torso above waist. (1 point - punch to head or torso, 2 points - kick to torso, 3 points - kick to head)		
Penetration skills: Accurate punching, kicking, dodging, change of speed, change of position		
Using ring effectively to score points by forcing them out of ring		
Creates space for self by moving into position at the right time.		
Make good decisions about what move to make: whether to strike, kick, block, dodge.		
Makes things 'happen'		
Always ready and give best at all times.		

Defensive Skills		
	Consistent ✓ / X	Effective ✓ / X
Sparring defensively		
Defending a specific technique using footwork, speed, agility, timing.		
Intercepting a technique using timing and/or elevation.		
Closes down options for opponent using body position, hands or legs.		
Pressurising opponent to make errors.		
Using arms, legs or body effectively as blocking techniques.		
Awareness of where self is in the ring at all times.		

Ring Craft

	Consistent ✓ / X	Effective ✓ / X
Changing from offense to defence and vice versa.		
Gets into good position at the right moment.		
Use of peripheral vision.		
Change of direction.		
Reading opponent and anticipate developments ahead of the action.		
Skill level so autonomous that focus is on strategy.		
Fitness level allows the positive, effective use of the skills.		
Strategic ability is displayed.		
Displays correct sparring etiquette before, during and after the match.		

Overall Grade

Teachers or Instructors should use the number of ticks and crosses to help them make a professional judgement on the student's ability to spar in Taekwon-Do, keeping in mind that the student should be able to demonstrate 3+ aspects from each of Offensive Skills, Defensive Skills and Ring Craft.

Glossary

Definitions for rubrics:

Consistently

Consistently in this rubric implies that student's skill execution is demonstrated with technical accuracy and/or efficiency most of the time during performance in the applied setting.

Effectively

Effectively in this rubric implies that student's: skill selection and execution, that creates maximum opportunities for success during performance in the applied setting.

X Factor

X Factor in this rubric implies student's ability to anticipate the opponent's movements, skills selection, and skill execution. As a result of this anticipation student responds effectively to maximise success.

Performance

Performance in this rubric implies the student will use a range of skills in the applied setting.