

# NSS Taekwondo Assessment Criteria Form

Name of Athlete: \_\_\_\_\_

Rank: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Name of Assessors: \_\_\_\_\_

\_\_\_\_\_

## Tactical

Insight knowledge, understanding of the sport, understanding of rules, and basic concepts of the sport.

Assessment criteria	Student mark	Maximum points
Good warm-up, cool down and stretching		2
Knowledge of equipment and proper attire		2
Knowledge of rules		2
Decision making throughout match		2
Strategy during match		2

## Technical

Technique and skill of the sport

Assessment criteria	Student mark	Maximum points
1-minute constant kicking		5
1-minute defensive techniques		5
1-minute attacking techniques		5
Flexibility		2

Technique variety		5
Technique execution		3
Technique effectiveness		5

## Physiological

Relevant Physiological attributes

Assessment criteria	Student mark	Maximum points
Balance and Coordination		5
Speed and Agility		5
Endurance		10
Strength and power		5
Flexibility		5

## Psychological/Personality

Assessment criteria	Student mark	Maximum points
Performance during match (2minute round)		5
Determination		5
Fighting spirit		5
Confidence		5
Attitude		5
Concentration		5

Total =

Total = 100

Assessor 1's Signature:

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Assessor 2's Signature:

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