



NSS TAEKWONDO ASSESSMENT CRITERIA FORM

Name of Athlete: _____

Rank: _____ Date of Birth: _____

Name of Assessors: 1: _____

2: _____

3: _____

TACTICAL <i>Insight knowledge, understanding of the sport, understanding of rules and basic concepts of the sport</i>		
Assessment Criteria	Max. Points	Student Mark
1.1 Good warm-up, cool down and stretching	4	
1.2 Knowledge of equipment and proper attire	4	
1.3 Knowledge of rules	4	
1.4 Decision making throughout match	4	
1.5 Strategy during match	4	

TECHNICAL Techniques and skills of the sport		
Assessment Criteria	Max. Points	Student Mark
2.1 1 minute constant kicking	7	
2.2 1 minute defensive techniques	7	
2.3 1 minute attacking techniques	7	
2.4 Flexibility	5	
2.5 Technique variety	7	
2.5 Technique execution	6	
2.6 Technique effectiveness	7	

PHYSIOLOGICAL Relevant physiological attributes		
Assessment Criteria	Max. Points	Student Mark
3.1 Balance and coordination	6	
3.2 Speed and agility	6	
3.3 Endurance	10	
3.4 Strength and power	6	
3.5 Performance during match (2 minute round)	6	

TOTAL	100	
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Assessor 1 Signature: _____

Assessor 2 Signature: _____

Assessor 3 Signature: _____