

Healys freestyle Tae kwon Do & Boxing Academy (Boxing analysis sheet)

| Boxing Technique | Competency (1 to 10) | Total score |
|---|----------------------|-------------|
| Straight Left –hands held correctly | | |
| Straight left Speed ? | | |
| Straight Left Power ? | | |
| Straight Left - back moves | | |
| 4 x Straight Lefts + Right Cross | | |
| Comments | | |
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| Basic Combinations | | |
| St left, Right cross, 10deg hook, + Right cross | | |
| St left, Right cross, left rip to body, +left 10 deg hook | | |
| Opposite side as ‘above’ | | |
| St left, Right cross + upset punch | | |
| Opposite side as ‘above’ | | |
| 4 x St.lefts + right Cross drill | | |
| 3x st.left right cross | | |
| Comments | | |
| Counter Attacks | | |
| Counter to Straight left (slip the punch) | | |
| Counter to right Cross (slip the punch) | | |
| Slip the left with a 10 degree up st.left | | |
| Slip the left with left & right to floating rib followed by 10 degree hook to chin k | | |
| Comments | | |
| Special techniques | | |
| Reaping hook off lead hand + off back hand | | |
| Slaps off a left right combination | | |
| Bork to the mid section , jab to chin With a Straight left | | |
| Footwork | | |
| Skipping | | |
| Side stepping | | |
| Spring forward and backwards (backmoving, forward moving) | | |
| Speed ball combinations | | |
| Bag work combinations etc | | |
| Exhibition Light Sparring (demonstrate ‘putting it altogether’) | | |

| Examination summery | Overall Competency | Total Score |
|--|--|--------------------|
| Attitude towards training , self-defence, and use of techniques in a moral way . Comments : *Points for ‘taking the initiative’ (leading with techniques) <div style="border: 2px solid red; padding: 2px; width: fit-content;"> <p>© Copyright Graham & Bert Healy</p> </div> | <p>score out of 20</p> <p>score out of 20</p> | |
| <p>Summery</p> | | |

**Level Authorized by Chief Instructor & Master Trainer Graham Healy
 counter Signed by Bert Healy Queensland Amateur Boxing Champ 1948**

Bronze Glove level of Competence ...Total Score

Silver Glove level of Competence ...Total Score

Golden Glove level of Competence ...Total Score

.....**Bert Healy**
Master Boxer & Trainer Queensland Champ 1948

.....**Graham Healy**
7th Dan Master, Cert 4 Sports Coach, Cert 4 Personal Trainer