

## AKANA Team Competition Scorecard West Coast vs East Coast

Judge: \_\_\_\_\_

Winner: \_\_\_\_\_

	1st		2nd		3rd		4th		5th	
Team	East	West	East	West	East	West	East	West	East	West
Name	Shawn	Michael	James	Xander	Tyra	Kyrah	Kenny	Tristan	Ben	Tristan
Stances										
Transition										
Eyes										
Breathing										
Focus										
Speed										
Power										
Tempo										
Difficulty										
Convincible										
Total										
Team: Winner										

**Each category is graded 1-10 points with (1) the lowest and (10) the highest**

Stances: A solid foundation

Transition: Fluid & efficient transition between moves

Eyes: Commanding look of confidence

Breathing: Continual without holding breath at any time

Focus: Controlled abrupt termination of movement

Speed: Individual speed block, strikes, and kicks, not collective moves of the form

Power: Force manifested at the impact point of the imaginary target

Tempo: Lacking a mechanical appearance

Difficulty: Extremely easy (1) to extremely hard (10)

Convincible: Convincing portrayal of defense for one's life