



## Evaluation Form: Poi Proficiency

Use the form below to evaluate your poi proficiency. This includes checking off each movement and indicating the start time of each movement in your video. This form can be printed or completed digitally.



Start time

### Wheel Plane: Timing and Direction

\_\_\_\_\_ Together time, same direction (forward and backwards)

\_\_\_\_\_ Split time, same direction (forward and backwards)

\_\_\_\_\_ Together time, opposite direction (right forward left back, left forward right back)

\_\_\_\_\_ Split time, opposite direction (right forward left back, left forward right back)

### Wall Plane: Timing and Direction

\_\_\_\_\_ Together time, same direction (right and left)

\_\_\_\_\_ Split same, same direction (right and left)

\_\_\_\_\_ Together time, opposite direction (inwards and outwards)

\_\_\_\_\_ Split time, opposite direction (inwards and outwards)

### Horizontal Plane: Timing and Direction

\_\_\_\_\_ Together time, same direction (right and left)

\_\_\_\_\_ Split same, same direction (right and left)

\_\_\_\_\_ Together time, opposite direction (inwards and outwards)

\_\_\_\_\_ Split time, opposite direction (inwards and outwards)

### **Figure 8**

- \_\_\_\_\_ Forward and backward with just right hand
- \_\_\_\_\_ Forward and backward with just left hand
- \_\_\_\_\_ Forward and backward with both hands, together time
- \_\_\_\_\_ Forward and backward with both hands, split time

### **Pendulum**

- \_\_\_\_\_ Pendulum with right hand while spinning left hand (any plane/timing)
- \_\_\_\_\_ Pendulum with left hand while spinning right hand (any plane/timing)

### **Flower**

- \_\_\_\_\_ Wheel plane, circle right arm forward and poi forward
- \_\_\_\_\_ Wheel plane, circle right arm backward and poi backward
- \_\_\_\_\_ Wheel plane, circle left arm forward and poi forward
- \_\_\_\_\_ Wheel plane, circle left arm backward and poi backward
- \_\_\_\_\_ Wall plane, circle right arm outward/to the right and poi to the right
- \_\_\_\_\_ Wall plane, circle right arm inward/to the left and poi to the left
- \_\_\_\_\_ Wall plane, circle left arm outward/to the left and poi to the left
- \_\_\_\_\_ Wall plane, circle left arm inward/to the right and poi to the right