



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