



NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

**CRITERIA:**

**SCORE:**

**A) Technical Correctness (patterns)**

**1 2 3 4 5**

*Are the movements correct?*

*The order of moves, the heights, the stances etc.*

**B) Power & Confidence (patterns)**

**1 2 3 4 5**

*Are you performing the movements with power & intensity?*

*Are you sure of yourself throughout the pattern?*

**C) Rhythm (patterns)**

**1 2 3 4 5**

*Is the pattern performed with the correct rhythm?*

**D) Distance & Timing (step sparring)**

**1 2 3 4 5**

*Are you demonstrating step sparring with correct distance?*

*Are your movements following the correct timing?*

**E) Technical Accuracy (step sparring)**

**1 2 3 4 5**

*Are you using the correct attacking / blocking tools?*

*Are you attacking & blocking the correct area?*

***In order to be successful in earning the stripe, the student must achieve a score in each area of 4 or higher (out of 5)***



**PATTERNS:**

**Pattern Joong-Gun** (*Joong-Gun Tul*)

**Pattern Toi-Gye** (*Toi-Gye Tul*)

**Pattern Hwa-Rang** (*Hwa-Rang Tul*)

**STEP SPARRING:**

**One Step Sparring #9** (*Ilbo Matsogi #7*)

**One Step Sparring #8** (*Ilbo Matsogi #8*)

**One Step Sparring #9** (*Ilbo Matsogi #9*)

**RESULT:**

**PASS**

**TRY-AGAIN**

**THIS WEEK**

**NEXT MONTH**

**NOTES:**