



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

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

**CRITERIA:**

**SCORE:**

**A) Stance & Position (sparring)**

1 2 3 4 5

*Does your stance and position allow you to move effectively?  
Are your hands in a good position to protect you?*

**B) Speed & Explosion (sparring)**

1 2 3 4 5

*Are you performing the movements with speed & acceleration?  
Are you able to time the movement / technique properly?*

**C) Technical & Effectiveness (self-defense)**

1 2 3 4 5

*Do the techniques truly work? Are you countering?  
Are you executing the techniques properly with realism?*

**D) Timing & Reaction (self-defense)**

1 2 3 4 5

*Do you react calmly, confidently and defend right away?  
Do you keep your emotions in check when reacting?*

**E) Adaptability (self-defense)**

1 2 3 4 5

*Are you able to adapt when the technique does  
not work as originally planned?*

***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)***



**SPARRING DRILLS:**

**Sparring “Set-Up” Drill #1-**

**Jump toward opponent & Punch/Backfist as opponent starts to react  
Dodging Back Piercing Kick**

**Sparring “Set-Up” Drill #2-**

**Jump toward opponent & Punch/Backfist as opponent starts to react  
Dodging 180 Reverse Hooking Kick**

**SELF-DEFENSE:**

**Light Contact / Touch - “Street Style” Sparring (with take downs)**

**Defend against a knife attack (slashing)**

**Defend against a knife attack (stabbing)**

**RESULT:**

**PASS**

**TRY-AGAIN**

**THIS WEEK**

**NEXT MONTH**

**NOTES:**