



NAME: _____

DATE: _____

CRITERIA:

SCORE:

A) Stances & Positions (out of 5)

1 2 3 4 5

*Are the stances correct (length, width, shape)?
Is your body posture / position correct?*

B) Technical Performance (out of 5)

1 2 3 4 5

*Are the movements correct?
(starting, intermediate & finishing position)*

C) Power & Effort Level (out of 5)

1 2 3 4 5

*Are the movements performed with power / realism?
Are you putting your best effort into the application?*

D) Focus & Confidence (out of 5)

1 2 3 4 5

*Are you looking in the correct places?
Are you confident in your performance?*

E) Attitude & Discipline (out of 5)

1 2 3 4 5

*Are you answering properly & showing positive attitude?
Are you following instructions & leading by example?*

***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)***



HAND FUNDAMENTALS:

L-Stance Middle Reverse Knife-hand Side Block

Rear Foot Stance Open Palm Upward Block

Walking Stance Upper Elbow Strike

Walking Stance Twin Forefist Vertical Punch

Walking Stance Twin Forefist Upset Punch

Walking Stance X-Fist Rising Block

Low Stance Palm Pressing Block

Close Stance Angle Punch

Fixed Stance U-Shape Block

KICKING DRILLS:

180 Reverse Turning Kick

Low Twisting Kick

Middle Twisting Kick

NOTES:

RESULT:

PASS

TRY-AGAIN

THIS WEEK

NEXT MONTH