

**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**

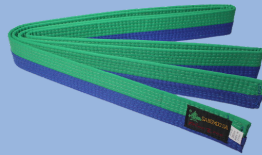
*Do you react calmly, confidently and defend right away?  
Do you keep your emotions in check when reacting?*

**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:**

**Moving Drill #6** - *Cut a 90 degree angle using back leg*

**Attack Drill-**

**Skip Turning Kick** (*returning to starting spot*) & **Jumping Punch**

**Defensive Drill #1-**

**Movement Drill #1** (*backward step*) & **Jumping Punch** (*forward*)

**Defensive Drill #2-**

**Movement Drill #2** (*backward skip*) & **Jumping Punch** (*forward*)

**Defensive Drill #3-**

**Movement Drill #3** (*backward shift*) & **Jumping Punch** (*forward*)

**SELF-DEFENSE:**

**Defend against Haymaker Punch** (*must perform on both sides*)

**Defend against Turning Kick** (*must perform on both sides*)

**Defend against Front Head Lock**

**RESULT:                      PASS**

**TRY-AGAIN**

**NOTES:**

**THIS WEEK**

**NEXT MONTH**