



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

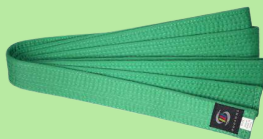
*Do you react calmly, confidently and defend right away?
Do you keep your emotions in check when reacting?*

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 #5 - Move in a “U” or “V” Shape

Counter Attack Drill #1-

Counter a Turning Kick with a 180 Back Piercing Kick (*Spin*)

Counter Attack Drill #2-

Counter a Turning Kick with a 180 Reverse Hooking Kick (*Spin*)

Counter Attack Drill #3-

Counter a Turning Kick using Reverse Hooking Kick (*moving drill 5*)

SELF-DEFENSE:

Release from a Side Headlock (*must perform on both sides*)

Defend against a Front Kick

RESULT:

PASS

TRY-AGAIN

THIS WEEK

NEXT MONTH

NOTES: