

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

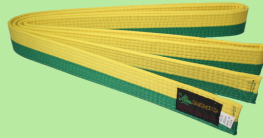
*Are you looking in the correct places?
Are you confident in your performance?*

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:

Walking Stance High Outer Forearm Block

Walking Stance Middle Straight Fingertip Thrust

Walking Stance High Back Fist Side Strike

Walking Stance High Outer Forearm Wedging Block

Fast Motion Combination

KICKING DRILLS:

Back Piercing Kick

180 Back Piercing Kick

Jumping Turning Kick

(scissor & 2 foot jump)

RESULT: PASS

TRY-AGAIN

THIS WEEK NEXT MONTH

NOTES: