

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

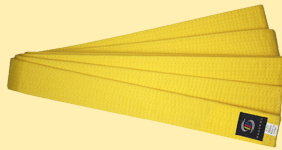
*Do you react calmly, confidently and defend right away?
Do you keep your emotions in check when reacting?*

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 #3 - *moving with forward & backward shifting*

Attack Drill -

Shift Side Kick (*front leg*) **2-Punches & Turning Kick** (*rear leg*)

Defensive Drill #1 -

Shift backward -**Side Piercing Kick** (*front leg*) & **2-Punches**

Defensive Drill #2 -

Shift backward -**Reverse Hooking Kick** (*front leg*) & **2-Punches**

Semi-Free Sparring (*2 x 20 second rounds*)

SELF-DEFENSE:

Front Break Fall (*from standing position*)

Side Break Fall (*from standing position*)

Release from a front grab (*grabbing lapel*)

Release from a front grab (*grabbing shoulder*)

RESULT:

PASS

TRY-AGAIN

THIS WEEK

NEXT MONTH

NOTES: