



**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 #2 - *moving with double stepping / skipping*

Attack Drill #1 - **2-Punches & Downward Kick** (*rear leg*)

Attack Drill #2 - **Skip forward Turning Kick** (*front leg*) & **2-Punches**

Defensive Drill #1 - **Skip back & Side Kick** (*front leg*) & **2-Punches**

**SELF-DEFENSE:**

Front Break Fall (*from squatting position*)

Back Break Fall (*from squatting position*)

Side Break Fall (*from squatting position*)

Attempted Front Choke (*protect the neck*)

Release from a Front Choke

**RESULT:**

**PASS**

**TRY-AGAIN**

**THIS WEEK**

**NEXT MONTH**

**NOTES:**