



**STUDENT:** \_\_\_\_\_ **AGE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**EXAMINER:** \_\_\_\_\_ **DEGREE:** \_\_\_\_\_

**CRITERIA:**

<b>A) STANCES &amp; POSTURE</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>B) TECHNICAL PERFORMANCE</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>C) POWER, SHARPNESS &amp; EFFORT</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>D) FOCUS &amp; CONFIDENCE</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>E) ATTITUDE &amp; DISCIPLINE</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

*Learn more about  
the Criteria*



All techniques in this stripe test are scored based on the performance & execution. Scores range between 1 & 5 (1 being a redo & 5 being excellent). In order to pass this section and earn the stripe, you must achieve a score of 4 or above for each technique.

**FINAL RESULT:**

**PASS**

**TRY-AGAIN**

**THIS WEEK**

**NEXT MONTH**



STRIPE #3 REQUIREMENTS:	NOTES:
Movement Drill #6 - avoid attack & <i>cut 90 degrees</i>	
Attack Drill: Skip Turning (bait) and jumping punch	
Defense 1: Movement Drill #1 & Jumping Punch	
Defense 2: Movement Drill #2 & Jumping Punch	
Defense 3: Movement Drill #3 & Jumping Punch	
Defend against a Haymaker Punch	
Defend against a Turning Kick	
Escape a Front Head Lock & Counter	

**ADDITIONAL NOTES:**