

STUDENT:		_ ^	GE:		_ D	ATE:	
EXAMINER:		DEGREE:					
CRITERIA:							
A) STANCES & POSTURE	1	2	3	4	5	Learn more about	
B) TECHNICAL PERFORMANCE	1	2	3	4	5	the Criteria	
C) POWER, SHARPNESS & EFFORT	1	2	3	4	5	国際意思	
D) FOCUS & CONFIDENCE	1	2	3	4	5	TOWNS IN	
E) ATTITUDE & DISCIPLINE	1	2	3	4	5	E12972%	

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.

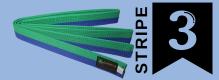
FINAL RESULT:

PASS TRY-AGAIN

THIS WEEK NEXT MONTH







STRIPE #3 REQUIREMENTS:		NOTES:
Movement Drill #6 - avoid attack & cut 90 degre	es	
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	1	
Defend against a Haymaker Punch		
Defend against a Turning Kick		
Escape a Front Head Lock & Counter		

ADDITIONAL NOTES: