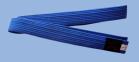




NAME:	DATE:					
CRITERIA:	<u>sc</u>	SCORE:				
A) Technical Correctness (patterns)	1	2	3	4	5	
Are the movements correct? The order of moves, the heights,the stances etc.						
B) Power & Confidence (patterns)	1	2	3	4	5	
Are you performing the movements with power & intensity? Are you sure of yourself throughout the pattern?						
C) Rhythm (patterns)	1	2	3	4	5	
Is the pattern performed with the correct rhytm?						
D) Distance & Timing (step sparring)	1	2	3	4	5	
Are you demonstrating step sparring with correct distance? Are your movements following the correct timing?						
E) Technical Accuracy (step sparring)	1	2	3	4	5	
Are you using the correct attacking / blocking tools? Are you attacking & blocking the correct area?						

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)







PATTERNS:

Pattern Won-Hyo (Won-Hyo Tul)

Pattern Yul-Gok Tul (Yul-Gok Tul)

Pattern Joong-Gun (Joong-Gun Tul)

STEP SPARRING:

One Step Sparring #1 (Ilbo Matsogi #1)
One Step Sparring #2 (Ilbo Matsogi #2)
One Step Sparring #3 (Ilbo Matsogi #3)

RESULT: PASS TRY-AGAIN

THIS WEEK NEXT MONTH

NOTES: