



**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:**

**Defensive Drill #1-** Dodging Turning Kick (*Scissor*)

**Defensive Drill #2-** Dodging Back Piercing Kick

**Defensive Drill #3-** Dodging 180 Reverse Hooking Kick

**SELF-DEFENSE:**

Defend against Ground Choke

Defend against Standing Rear Choke

**RESULT:**

**PASS**

**TRY-AGAIN**

**THIS WEEK**

**NEXT MONTH**

**NOTES:**