

**NAME:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

**CRITERIA:**

**SCORE:**

**A) Stances & Positions (out of 5)**

**1 2 3 4 5**

*Are the stances correct (length, width, shape)?  
Is your body posture / position correct?*

**B) Technical Performance (out of 5)**

**1 2 3 4 5**

*Are the movements correct?  
(starting, intermediate & finishing position)*

**C) Power & Effort Level (out of 5)**

**1 2 3 4 5**

*Are the movements performed with power / realism?  
Are you putting your best effort into the application?*

**D) Focus & Confidence (out of 5)**

**1 2 3 4 5**

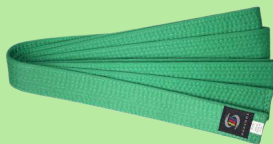
*Are you looking in the correct places?  
Are you confident in your performance?*

**E) Attitude & Discipline (out of 5)**

**1 2 3 4 5**

*Are you answering properly & showing positive attitude?  
Are you following instructions & leading by example?*

***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)***



**HAND FUNDAMENTALS:**

L-Stance Twin Forearm Block

L-Stance High Inward Knife-hand Strike

Fixed Stance Middle Obverse Punch

Bending Ready Stance A

Walking Stance Middle Inner Forearm Circular Block

**KICKING DRILLS:**

180 Reverse Hooking Kick

Jumping Side Piercing Kick

Jumping 180 Back Piercing Kick

**RESULT:**

**PASS**

**TRY-AGAIN**

**THIS WEEK**

**NEXT MONTH**

**NOTES:**