

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

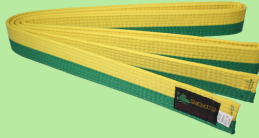
*Do you react calmly, confidently and defend right away?
Do you keep your emotions in check when reacting?*

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:

Moving Drill #4 - *Shifting to the side & stepping off the line*

Counter Attack Drill-

Counter a Side Piercing Kick with a Jumping Turning Kick (*Scissor*)

Semi-Free Sparring (*2 x 20 second rounds*)

SELF-DEFENSE:

Foreward Roll (*start & finish in standing position*)

Backward Roll (*start & finish in standing position*)

Release from a bearhug from behind (*and counter*)

RESULT:

PASS

TRY-AGAIN

THIS WEEK

NEXT MONTH

NOTES: