

**STRIPE #3:  
SPARRING &  
SELF-DEFENSE**



**STUDENT:** \_\_\_\_\_ **AGE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**EXAMINER:** \_\_\_\_\_ **DEGREE:** \_\_\_\_\_

**CRITERIA:**

<b>A) STANCES &amp; POSTURE</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>B) TECHNICAL PERFORMANCE</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>C) POWER, SHARPNESS &amp; EFFORT</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>D) FOCUS &amp; CONFIDENCE</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>E) ATTITUDE &amp; DISCIPLINE</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

*Learn more about  
the Criteria*



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:  
SPARRING &  
SELF-DEFENSE**



<b>STRIPE #3 REQUIREMENTS:</b>	<b>NOTES:</b>
Defense Drill 1: Dodging Turning Kick	
Defense Drill 2: Dodging Back Piercing Kick	
Defense Drill 3: Dodging 180 Reverse Hooking Kick	
Defend and escape a ground choke (and counter)	
Escape from a rear naked choke (and counter)	

**ADDITIONAL NOTES:**

---

---

---

---

---