



NAME: _____

DATE: _____

CRITERIA:

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 rhythm?

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:

Saju Jirugi (*Four Direction Punch*)

Saju Makgi (*Four Direction Block*)

STEP SPARRING:

Three Step Sparring #1 (*Sambo Matsogi #1*)

Three Step Sparring #2 (*Sambo Matsogi #2*)

RESULT:

PASS

TRY-AGAIN

THIS WEEK

NEXT MONTH

NOTES: