



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:

Sparring Stance - *Bouncing & Switching*

Moving Drill #1 - *Moving with Single Step*

Attack Drill: Step Forward Front Kick (*rear leg*) & 2-Punches

Defense Drill: Step Back, Turning Kick (*front leg*) & 2-Punches

SELF-DEFENSE:

Front Break Fall (*from kneeling position*)

Back Break Fall (*from seated position*)

Release from Straight Wrist Grab

Release from a Cross Wrist Grab

RESULT:

PASS

TRY-AGAIN

THIS WEEK

NEXT MONTH

NOTES: