



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 CORRECTNESS</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) RHYTHM, TIMING &amp; RELAXATION</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>E) FOCUS, 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**



**STUDENT:** \_\_\_\_\_

<b>FUNDAMENTAL HAND MOVEMENTS:</b>	<b>NOTES:</b>
SAJU JIRUGI - Four Direction Punch (right side)	
SAJU JIRUGI - Four Direction Punch (left side)	
SAJ MAKGI - Four Direction Block (right side)	
SAJU MAKGI - Four Direction Block (left side)	
Three Step Sparring #1	
Three Step Sparring #2	

**ADDITIONAL NOTES:**

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