



STUDENT: _____ **AGE:** _____ **DATE:** _____

EXAMINER: _____ **DEGREE:** _____

CRITERIA:

A) STANCES & POSTURE	1	2	3	4	5	<i>Learn more about the Criteria</i>  
B) TECHNICAL PERFORMANCE	1	2	3	4	5	
C) POWER, SHARPNESS & EFFORT	1	2	3	4	5	
D) FOCUS & CONFIDENCE	1	2	3	4	5	
E) ATTITUDE & DISCIPLINE	1	2	3	4	5	

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 REQUIREMENTS:	NOTES:
Movement Drill #5 - <i>Evade an attack in a "V" shape</i>	
Counter Turning Kicks with a 180 Back Kick	
Counter Turning Kicks with a 180 Reverse Hooking Kick	
Counter Turning Kicks with Reverse Hooking Kick (with moving drill #5)	
Defend against a Front Snap Kick	
Escape a Side Head lock (and counter)	

ADDITIONAL NOTES:
