



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**



<b>STRIPE #3 REQUIREMENTS:</b>	<b>NOTES:</b>
Movement Drill #3 - Shifting Forward / Backward	
Attack Drill: Shift Side Kick, 2-Punches & Turning Kick	
Defense Drill 1: Shift Side Kick & 2-Punches	
Defense Drill 2: Shift Reverse Hooking Kick & 2-Punches	
Semi-Free Sparring (2-rounds of 20 seconds)	
Front Break Fall from standing position	
Side Break Fall from standing position	
Release from a Front Grab (wrist lock #1)	
Release from a Shoulder Grab (wrist lock #2)	