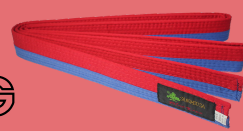


STRIPE #2: PATTERNS & STEP SPARRING



STUDENT: _____

AGE: _____ DATE: _____

EXAMINER: _____

DEGREE: _____

CRITERIA:

A) STANCES & POSTURE	1	2	3	4	5
B) TECHNICAL CORRECTNESS	1	2	3	4	5
C) POWER, SHARPNESS & EFFORT	1	2	3	4	5
D) RHYTHM, TIMING & RELAXATION	1	2	3	4	5
E) FOCUS, ATTITUDE & DISCIPLINE	1	2	3	4	5

*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:

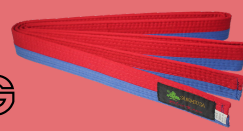
PASS

TRY-AGAIN

THIS WEEK

NEXT MONTH

STRIPE #2:
**PATTERNS &
STEP SPARRING**



STRIPE

2

STRIPE #2 REQUIREMENTS:		NOTES:
Pattern YUL-GOK		
Pattern JOONG-GUN		
Pattern TOI-GYE		
1- Step Sparring #4 - defend against a knife-hand strike		
1-Step Sparring #5 - defend against turning kick		
1-Step Sparring #6 - defend against 180 rev turning kick		

ADDITIONAL NOTES:
