



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

EXAMINER: _____ **DEGREE:** _____

CRITERIA:

A) STANCES & POSTURE	1	2	3	4	5
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

*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.

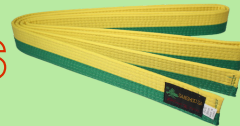
FINAL RESULT:

PASS

TRY-AGAIN

THIS WEEK

NEXT MONTH



STRIPE #1 REQUIREMENTS:

NOTES:

Walking Stance High Outer Forearm Block

Walking Stance Middle Straight Fingertip Thrust

Walking Stance High Backfist Side Strike

Walking Stance High Outer Forearm Wedging Block

Fast Motion - *wedging block, front kick & punches*

180 Back Piercing Kick

Jumping Turning Kick - Two Foot Jump

Jumping Turning Kick - Scissor Motion

ADDITIONAL NOTES:
