


**STRIPE #3:  
SPARRING &  
SELF-DEFENSE**



**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>	<i>Learn more about the Criteria</i> 
<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>	

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**

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<b>STRIPE #2 REQUIREMENTS:</b>	<b>NOTES:</b>
Attack Drill 1: Skip Side Kick & 360 Turning Kick	
Attack Drill 2: Skip Side Kick & 360 Downard Kick	
Sparring Drill 1: Jumping Punch & Dodging Turning Kick	
Sparring Drill 2: Jumping Punch & Dodging Back Kick	
Defend against a Knife Threat - against the chest	
Defend against a Knife Threat - against the neck	

**ADDITIONAL NOTES:**

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