

**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> |
| <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**

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



**STRIPE #3 REQUIREMENTS:**

**NOTES:**

Movement Drill #4 - *Side Shift & Side Step*

Counter a Shifting Side Kick with Scissor Turning Kick

Semi Free Sparring (2 rounds of 20 sec)

Forward Roll - start & finish standing up

Backward Roll - start & finish standing up

Escape a Bearhug and Counter attack

**ADDITIONAL NOTES:**

---

---

---