

# 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 REQUIREMENTS:	NOTES:
SAJU JIRUGI - Four Direction Punch (right side)	
SAJU JIRUGI - Four Direction Punch (left side)	
SAJ MAKGI - Four Direction Block (right side)	
SAJU MAKGI - Four Direction Block (left side)	
Pattern CHON-JI	
Three Step Sparring #3	
Three Step Sparring #4	

**ADDITIONAL NOTES:**

---