



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 #3:
SPARRING &
SELF-DEFENSE**



STRIPE



STRIPE #2 REQUIREMENTS:	NOTES:
Sparring Drill 1: Jumping Punch & Dodging Back Kick	
Sparring Drill 2: Jump Punch & Dodging Rev Hook Kick	
Defend against a Knife Attack (slashing)	
Defend against a Knife Attack (slashing)	
Street Style Free Sparring (take downs allowed)	

ADDITIONAL NOTES:
