

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



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



FUNDAMENTAL HAND MOVEMENTS:

NOTES:

Moving Drill #2 (Double stepping)

Attack Drill #1: 2-Punches & Downward Kick (rear leg)

Attack Drill #2: Double step Turning Kick & 2-Punches

Defense Drill: Double step Side Kick & 2-Punches

Front Break Fall from squatted position

Side Break Fall from a squatted position

Back Break Fall from a squatted position

Block and counter and attempted front choke

Escape and counter a front choke