

**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**



<b>STRIPE #3 REQUIREMENTS:</b>	<b>NOTES:</b>
Sparring Stance - <i>Bouncing / Switching Sides</i>	
Movement Drill #1 - <i>Stepping Forward &amp; Backward</i>	
Attack Drill: Front Snap Kick (rear leg) & 2-punches	
Defense: Step Back Front Kick (front leg) & 2-Punches	
Front Break Fall from a kneeling position	
Back Break Fall from a seated position	
Release from a Cross Wrist Grab	
Release from a Straight Wrist Grab	