



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 #1 REQUIREMENTS:	NOTES:
Sitting Stance Palm Pushing Block	
L-Stance Upward Punch	
Vertical Stance Knife-hand Downward Strike	
L-Stance Middle Obverse Punch	
L-Stance Rear Side Elbow Thrust	
SAJU TULGI (Four Direction Thrust)	
High Twisting Kick	
360 Degree Turning Kick / 360 Downward Kick	
360 Back Piercing Kick / 360 Reverse Hooking Kick	