

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



STRIPE #2 REQUIREMENTS:	NOTES:
Pattern JOONG-GUN	
Pattern TOI-GYE	
Pattern HWA-RANG	
1-Step Sparring #7 - defend against a downward strike	
1-Step Sparring #8 - defend against downward kick	
1-Step Sparring #9 - free style one step	

ADDITIONAL NOTES:
