



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**



STRIPE #1 REQUIREMENTS:	NOTES:
L-Stance Middle Reverse Knife-hand Side Block	
Rear Foot Stance Open Palm Upward Block	
Walking Stance Upper Elbow Strike	
Walking Stance Twin Forefist Vertical Punch	
Walking Stance Twin Forefist Upset Punch	
Walking Stance X-Fist Rising Block	
Close Stance Angle Punch	
Fixed Stance U-Shape Block	
Twisting Kick (Low & Middle)	
180 Reverse Turning Kick	