



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



STUDENT: _____

FUNDAMENTAL HAND MOVEMENTS:	NOTES:
Walking Stance Middle Obverse Punch	
Walking Stance Low Forearm Block	
Walking Stance Low Knife-hand Block	
Walking Stance Middle Inner Forearm Block	
Walking Stance Middle Reverse Punch	
Front Rising Kick / Side Rising Kick	
Outward Crescent Kick / Inward Crescent Kick	
Front Snap Kick	