



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.

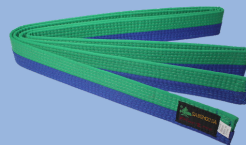
FINAL RESULT:

PASS

TRY-AGAIN

THIS WEEK

NEXT MONTH



STRIPE #1 REQUIREMENTS:

NOTES:

Walking Stance Middle Palm Hooking Block

Walking Stance Middle Front Elbow Strike

L-Stance Twin Knife-hand Block

X-Stance High Backfist Side Strike

Walking Stance High Double Forearm Side Block

Connecting Motion - Hooking Blocks & punch

Inward Vertical Kick

Outward Vertical Kick

Jumping 180 Reverse Hooking Kick