



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



| FUNDAMENTAL HAND MOVEMENTS: | NOTES: |
|---|---------------|
| Sitting Stance Middle Punch | |
| L-Stance Middle Reverse Punch | |
| L-Stance Middle Inner Forearm Block | |
| L-Stance Middle Forearm Guarding Block | |
| Downward Kick | |
| Turning Kick (<i>front leg</i>) | |
| Turning Kick (<i>rear leg</i>) | |
| Side Piercing Kick (<i>front leg</i>) | |
| Side Piercing Kick (<i>rear leg</i>) | |