



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:
L-Stance Twin Forearm Block	
L-Stance High Inward Knife-hand Strike	
Fixed Stance Middle Obverse Punch	
Bending Ready Stance A & Side Piercing Kick	
Walking Stance Inner Forearm Circular Block	
180 Reverse Hooking Kick	
Jumping Side Piercing Kick - Two Foot Jump	
Jumping 180 Back Piercing Kick - Two Foot Jump	

**ADDITIONAL NOTES:**