

**STRIPE #2:
PATTERNS &
STEP SPARRING**



STUDENT: _____ **AGE:** _____ **DATE:** _____

EXAMINER: _____ **DEGREE:** _____

CRITERIA:

A) STANCES & POSTURE	1	2	3	4	5
B) TECHNICAL CORRECTNESS	1	2	3	4	5
C) POWER, SHARPNESS & EFFORT	1	2	3	4	5
D) RHYTHM, TIMING & RELAXATION	1	2	3	4	5
E) FOCUS, 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

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STRIPE #2 REQUIREMENTS:	NOTES:
SAJ MAKGI - Four Direction Block (right side)	
SAJU MAKGI - Four Direction Block (left side)	
Pattern CHON-JI	
Pattern DAN-GUN	
Three Step Sparring #5	
Three Step Sparring #6	

ADDITIONAL NOTES:
