

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.

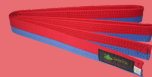
FINAL RESULT:

PASS

TRY-AGAIN

THIS WEEK

NEXT MONTH



STRIPE #1 REQUIREMENTS:	NOTES:
Walking Stance Upset Fingertip Thrust	
Close Stance High Rear Backfist Strike	
Walking Stance X-Fist Pressing Block	
Sitting Stance Forearm W-Shape Block	
L-Stance Double Forearm Low Pushing Block	
Walking Stance High Flat Fingertip Thrust	
L-Stance Low Knife-hand Guarding Block	
Hooking Kick (defensive kick)	
360 Turning Kick (stepping motion)	
360 Downward Kick (stepping motion)	