



Two Green Stripes Test Form



Students Name (First, Last, Pronouns):	Test Date:	
Dojo Name:	Test Level:	2 Green Stripes
Instructor(s):	"Real" Time in Rank:	
Candidate Limitations:	Test Fee Paid:	Y / N
INSTRUCTIONS: Grade student's performance and give comments. A – Knows and can execute techniques very well B – Knows techniques well, could use a little polishing C – Knows techniques but needs work on fundamentals D – Has difficulty with techniques F – Fail, Does not know techniques or are not up to test level	Assistant Teaching since last promotion (Brown Belt and up):	<u>N/A</u> Hours 10 Hours total min. required

	Requirement for rank	GRADE	COMMENTS
Stances & Footwork	Side Stance, Back Stance, Shuffle in SS, Hopping Crossover in SS (in front & behind,		
Hand Techniques	Vertical & Horizontal Backfist, Vertical & Horizontal Spear hand Outer Horizontal chop		
Blocking Techniques	Knifehand, Outer, Reinforced Inner Middle, Lower & Upper X-Block (open & closed hands)		
Leg Techniques / Kicks	Stamping kicks, Side thrust kick, Back Thrust kick, Roundhouse Kick		
Blocks / Punches	In Rectangular stance, up through Outer		
Katas / Applications	Kata 5: Combination kata Pinan 1 (peaceful mind) Applications		
Weapon(s)	N/A		
Dropping Techniques / Rolls	Forward roll Backward roll		
Escapes / Self Defense	Stamping Kick		
Sparring	N/A		
Stamina	Lunges: 150 w/ Outer Horizontal Chop Pushups: 20 Palm 10 Fingertip		

Board Breaking: N/A				Public Speaking:	NA
Set	# of Boards	Technique	Trials	Philosophy:	Needs Improvement / Pass
1				Written Paper:	NA
2				Written Test:	NA
3				FINAL: PASS PROBATION FAIL	
4				Probation: Reason / Time:	
Additional comments (top 3 things to work on):				Tester's Name:	

Additional Comments:

(Use for more details descriptions of areas for improvement and suggestions to fix)

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

NOTE: Grades and scores are a guideline only final decision up to head tester and students head instructor.