

# TANG SOO DO—BROWN BELT—1st GUP Progress Report

NAME:	1st Evaluation	2nd Evaluation	3rd Evaluation	4th Evaluation	5th Evaluation
	Date:	Date:	Date:	Date:	Date:

The first number shown is the number on a scale of 1 to 10 is the number that is needed to pass the technique or the vocabulary for the test. The second number that is written in the box is the number you have already achieved during evaluation week. This is only a progress report and not your actual test. Use this to help you with your practices at home. This page will show what you still need to work on.

Technique:	Number Needed	Technique:	Number Needed
<b>Basics:</b> Ha Dan Mahk Kee ( <i>Low Block</i> )	8	<b>Matt Work:</b> Front Fall (from Standing push)	8
<b>Basics:</b> Sang Dan Mahk Kee ( <i>High Block</i> )	8	<b>Matt Work:</b> Back Fall (from Standing push)	8
<b>Basics:</b> Ahneso Pahkuro Mahk Kee ( <i>Inside/Outside Block</i> )	8	<b>Matt Work:</b> Side Fall (from Standing push)	8
<b>Basics:</b> Pahkeso Ahnuro Mahk Kee ( <i>Outside/Inside Block</i> )	8	<b>Matt Work:</b> Front Roll (from standing push)	8
<b>Basics:</b> Choong Dan Kong Kyuk ( <i>Middle Punch</i> )	8	<b>Matt Work:</b> Back Roll (from Standing push)	8
<b>Basics:</b> Hu Gul Ha Dan Soo Do Mahk Kee ( <i>Low knife hand block, back stance</i> )	8	<b>Matt Work:</b> Escape from Top Mount	8
<b>Basics:</b> Hu Gul Choong Dan Soo Do Mahk Kee ( <i>Middle knife hand block, back stance</i> )	8	<b>Matt Work:</b> Escape from Bottom Mount	8
<b>Basics:</b> Ssang Soo Mahkee Hul Gul Jaseh ( <i>Reinforced Block in cat stance</i> )	8	<b>Matt Work:</b> Pass the Guard	8
<b>Basics:</b> Ssang Soo Mahkee Chun Gul Jaseh ( <i>Reinforced Block in front stance</i> )	8	<b>Matt Work:</b> Drop Shoulder Throw	8
<b>Basics:</b> Ssang Soo Ha Dan Mahk Kee ( <i>Low X Block</i> )	8	<b>Matt Work:</b> Spinner Throw	8
<b>Basics:</b> Ssang Soo Sang Dan Mahk Kee ( <i>High X Block</i> )	8	<b>Matt Work:</b> Outer Reaping Throw	8
<b>Basics:</b> Wheng Jin Kong Kyuk ( <i>Side punch, Horse Stance</i> )	8	<b>Matt Work:</b> Outer Wrist Lock Throw	8
<b>Basics:</b> Kwan Soo Kong Kyuk ( <i>Spear Hand Attack</i> )	8	<b>Matt Work:</b> Inner Wrist Lock Throw	8
<b>Basics:</b> Dull Ryo Cha Gi ( <i>Roundhouse Kick</i> )	8	<b>Matt Work:</b> Arm Bar Throw	8
<b>Basics:</b> Ahneso Pahkuro Cha Gi ( <i>Inside/Outside Kick</i> )	8	<b>Weapons:</b> Bo Staff Set #1	8
<b>Basics:</b> Pahkeso Ahnuro Cha Gi ( <i>Outside/Inside Kick</i> )	8	<b>Weapons:</b> Bo Staff Set #2	8
<b>Basics:</b> Dwi Dollyo Hu Ri Gi Cha Gi ( <i>Spin Hook Kick</i> )	8	<b>Weapons:</b> Bo Staff Set #3	8
<b>Basics:</b> Hu Ri Gi Cha Gi ( <i>Hook Kick</i> )	8	<b>Weapons:</b> Bo Low Defense (from thrust)	8
<b>Basics:</b> Yup Cha Gi ( <i>Front Side Kick</i> )	8	<b>Weapons:</b> Bo Middle Defense (from thrust)	8
<b>Basics:</b> Dwi Podo Cha Gi ( <i>Back Kick</i> )	8	<b>Weapons:</b> Nunchaku Basic Takeover (45 in 1 min)	8
<b>Basics:</b> Ahp Cha Nut Gi ( <i>Front Snap Kick</i> )	8	<b>Weapons:</b> Nunchaku Over Takeover	8
<b>Basics:</b> Dwi Dull Ryo Ahneso Pahkuro Cha Gi ( <i>Spinning Inside/outside kick</i> )	8	<b>Weapons:</b> Nunchaku Under Takeover	8
<b>Kata:</b> Bassai Shodan	8	<b>Weapons:</b> Nunchaku Strikes with Recoil	8
<b>Kata:</b> Naihanchi Shodan	8	COMMENTS:	
<b>Kata:</b> All Kata Continuous Drill	8		

<b>Technique:</b>	Number Needed	<b>Technique:</b>	Number Needed
<i>Self-Defense: Cross Hand #1</i>	8	<b>Vocabulary &amp; Knowledge:</b>	Number Needed
<i>Self-Defense: Cross Hand #2</i>	8		8
<i>Self-Defense: Cross Hand #3</i>	8	Da Ri (Leg)	8
<i>Self-Defense: Cross Hand #4</i>	8	Jok (Foot)	8
<i>Self-Defense: Same Side Grab #1</i>	8	Dan Jun (Abdomen)	8
<i>Self-Defense: Same Side Grab #2</i>	8	Moo Roop (Knee)	8
<i>Self-Defense: Same Side Grab #3</i>	8	Pal Koop (Elbow)	8
<i>Self-Defense: Same Side Grab #4</i>	8	Emma (Forehead)	8
<i>Self-Defense: 2 on 1 Grab #1</i>	8	Soo (Hand)	8
<i>Self-Defense: 2 on 1 Grab #2</i>	8	Pahl (Arm)	8
<i>Self-Defense: 2 on 1 Grab #3</i>	8	Written Report on "What the 13 Influences Mean to Me"	8
<i>Self-Defense: 1 on 1 Grab #1</i>	8		
<i>Self-Defense: 1 on 1 Grab #2</i>	8		
<i>Self-Defense: 1 on 1 Grab #3</i>	8		
<i>Self-Defense: 1 on 1 Grab #4</i>	8		
<i>Self-Defense: Natural Grab</i>	8		
<i>Self-Defense: Unnatural Grab</i>	8		
<i>Self-Defense: Behind Short Grab</i>	8		
<i>Self-Defense: Behind Long Grab</i>	8		