

TANG SOO DO—BROWN BELT—2nd 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
Basics: Ha Dan Mahk Kee (<i>Low Block</i>)	8	Matt Work: Escape from Top Mount	8
Basics: Sang Dan Mahk Kee (<i>High Block</i>)	8	Matt Work: Escape from Bottom Mount	8
Basics: Ahneso Pahkuro Mahk Kee (<i>Inside/Outside Block</i>)	8	Matt Work: Pass the Guard	8
Basics: Pahkeso Ahnuro Mahk Kee (<i>Outside/Inside Block</i>)	8	Matt Work: Drop Shoulder Throw	7
Basics: Choong Dan Kong Kyuk (<i>Middle Punch</i>)	8	Matt Work: Spinner Throw	7
Basics: Hu Gul Ha Dan Soo Do Mahk Kee (<i>Low knife hand block, back stance</i>)	8	Matt Work: Outer Reaping Throw	7
Basics: Hu Gul Choong Dan Soo Do Mahk Kee (<i>Middle knife hand block, back stance</i>)	8	Matt Work: Outer Wrist Look Throw	7
Basics: Ssang Soo Mahk Kee Hul Gul Jaseh (<i>Reinforced Block in cat stance</i>)	8	Self-Defense: Natural Grab	8
Basics: Ssang Soo Mahk Kee Chun Gul Jaseh (<i>Reinforced Block in front stance</i>)	8	Self-Defense: Unnatural Grab	8
Basics: Ahp Cha Nut Gi (<i>Front Snap Kick</i>)	8	Self-Defense: Behind Grab Short	8
Basics: Yup Cha Gi (<i>Front Side Kick</i>)	8	Self-Defense: Behind Grab Long	8
Basics: Ahneso Pahkuro Cha Gi (<i>Inside/Outside Kick</i>)	8	Self-Defense: Immediate Action Drill #1 <i>Stick Strike #1 OR #3</i>	8
Basics: Pahkeso Ahnuro Cha Gi (<i>Outside/Inside Kick</i>)	8	Self-Defense: Immediate Action Drill #2 <i>Stick Strike #2 OR #4</i>	8
Basics: Dwi Dollyo Hu Ri Gi Cha Gi (<i>Spin Hook Kick</i>)	8	Self-Defense: Immediate Action Drill #3 <i>Round Kick</i>	8
Basics: Hu Ri Gi Cha Gi (<i>Hook Kick</i>)	8	Self-Defense: Immediate Action Drill #4 <i>Tackle</i>	8
Basics: Combo 1: Rev. High Block in Cat Stance, Horse Stance Punch	8	Self-Defense: Immediate Action Drill #5 <i>Front Kick</i>	8
Basics: Combo 2: Rev. High Block in Cat Stance, Rev. Low Block in Front Stance	8	Kata: Naihanchi Shodan	7
Basics: Combo 3: Inside/Outside Kick, (same leg) Round Kick	8	Kata: Pinan ChilSung Ee Dan	7
Matt Work: Front Fall (from Standing push)	7	Kata: Pinan Yon Dan	8
Matt Work: Back Fall (from Standing push)	7	Kata: Pinan Go Dan	8
Matt Work: Side Fall (from Standing push)	7	Kata: Pinan Sandan	8
Matt Work: Front Roll (from standing push)	7	Kata: Pinan Shodan	8
Matt Work: Back Roll (from Standing push)	7	Kata: Pinan Nidan	8
		Kata: Tai Kyo Ku Shodan	9
		Kata: Tai Kyo Ku Nidan	9
		Kata: Kata Scramble	8

Technique:	Number Needed
<i>Weapons:</i> Bo Staff Set #1	7
<i>Weapons:</i> Bo Staff Set #2	7
<i>Weapons:</i> Bo Staff Set #3	7
<i>Weapons:</i> Bo Low Defense (from thrust)	7
<i>Weapons:</i> Bo Middle Defense (from thrust)	7
Vocabulary & Knowledge:	Number Needed
Da Ri (Leg)	8
Jok (Foot)	8
Dan Jun (Abdomen)	8
Moo Roop (Knee)	8
Pal Koop (Elbow)	8
Emma (Forehead)	8
Soo (Hand)	8
Pahl (Arm)	8
Written Paper on "How Tang Soo Do has Helped Me"	8