

TANG SOO DO—BROWN BELT—3RD 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
<i>Weapons:</i> Brush-Trap-Strike (Arnis)	7	<i>Self-Defense:</i> 1 on 1 Grab #1	7
<i>Weapons:</i> B-T-S EH vs. 1 Stick	7	<i>Self-Defense:</i> 1 on 1 Grab #2	7
<i>Weapons:</i> EH Disarm vs. Stick #1	7	<i>Self-Defense:</i> 1 on 1 Grab #3	7
<i>Weapons:</i> EH Disarm vs. Stick #2	7	<i>Self-Defense:</i> 1 on 1 Grab #4	7
<i>Weapons:</i> EH Disarm vs. Stick #3	7	<i>Self-Defense:</i> Immediate Action Drill #1 <i>1 or 2 Hand Push</i>	7
<i>Weapons:</i> EH Disarm vs. Stick #4	7	<i>Self-Defense:</i> Immediate Action Drill #2 <i>Cross Hand Grab</i>	7
<i>Weapons:</i> EH Disarm vs. Stick #5	7	<i>Self-Defense:</i> Immediate Action Drill #3 <i>Jab Punch</i>	7
<i>Basics:</i> Ha Dan Mahk Kee (<i>Low Block</i>)	7	<i>Self-Defense:</i> Immediate Action Drill #4 <i>Cross Punch</i>	7
<i>Basics:</i> Sang Dan Mahk Kee (<i>High Block</i>)	7	<i>Self-Defense:</i> Immediate Action Drill #5 <i>Wide Hook Punch</i>	7
<i>Basics:</i> Ahneso Pahkuro Mahk Kee (<i>Inside/Outside Block</i>)	7	<i>Self-Defense:</i> Immediate Action Drill #6 <i>Same Side Grab</i>	7
<i>Basics:</i> Pahkeso Ahnuro Mahk Kee (<i>Outside/Inside Block</i>)	7	<i>Kata:</i> Pinan Yon Dan	7
<i>Basics:</i> Choong Dan Kong Kyuk (<i>Middle Punch</i>)	7	<i>Kata:</i> Pinan Go Dan	7
<i>Basics:</i> Hu Gul Ha Dan Soo Do Mahk Kee (<i>Low knife hand block, back stance</i>)	7	<i>Kata:</i> Pinan Sandan	7
<i>Basics:</i> Hu Gul Choong Dan Soo Do Mahk Kee (<i>Middle knife hand block, back stance</i>)	7	<i>Kata:</i> Pinan Shodan	7
<i>Basics:</i> Ahp Cha Nut Gi (<i>Front Snap Kick</i>)	7	<i>Kata:</i> Pinan Nidan	7
<i>Basics:</i> Yup Cha Gi (<i>Front Side Kick</i>)	7	<i>Kata:</i> Tai Kyo Ku Shodan	8
<i>Matt Work:</i> Front Fall (from Standing push)	7	<i>Kata:</i> Tai Kyo Ku Nidan	8
<i>Matt Work:</i> Back Fall (from Standing push)	7	<i>Kata:</i> Kata Scramble	7
<i>Matt Work:</i> Side Fall (from Standing push)	7	Vocabulary & Knowledge:	Number Needed
<i>Matt Work:</i> Front Roll (from standing push)	7	Da Ri (Leg)	7
<i>Matt Work:</i> Back Roll (from Standing push)	7	Jok (Foot)	7
<i>Matt Work:</i> Escape from Top Mount	7	Dan Jun (Abdomen)	7
<i>Matt Work:</i> Escape from Bottom Mount	7	Moo Roop (Knee)	7
<i>Matt Work:</i> Pass the Guard	7	Pal Koop (Elbow)	7
		Emma (Forehead)	7
		Soo (Hand)	7
		Pahl (Arm)	7
		Written Paper on "How Tang Soo Do has Helped Me"	7