

# TANG SOO DO—PURPLE BELT—4TH 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
<i>Weapons:</i> Block-Check-Counter (Arnis)	6
<i>Weapons:</i> #6 Disarm (Single Stick Arnis)	6
<i>Weapons:</i> #7 Disarm (Single Stick Arnis)	6
<i>Weapons:</i> #8 Disarm (Single Stick Arnis)	6
<i>Weapons:</i> #9 Disarm (Single Stick Arnis)	6
<i>Weapons:</i> #10 Disarm (Single Stick Arnis)	6
<i>Weapons:</i> #11 Disarm (Single Stick Arnis)	6
<i>Weapons:</i> #12 Disarm (Single Stick Arnis)	6
<i>Basics:</i> Spear Hand Attack	6
<i>Basics:</i> High Chop	6
<i>Basics:</i> Spin Inside/Outside Kick (both legs)	6
<i>Basics:</i> Front Kick (both legs)	7
<i>Basics:</i> Cat Stance	7
<i>Basics:</i> Standing Meditation (2 min)	7
<i>Basics:</i> Tie Belt (under 1 min)	7
<i>Basic Combos:</i> #1 Low Block, Rev. Punch, Front Kick	7
<i>Basic Combos:</i> #2 Round Kick, Back Kick	7
<i>Basic Combos:</i> #3 Low Knife Block, Center Knife Block, Reverse Spear Hand	7
<i>Basic Combos:</i> #4 Same Leg (without putting foot down) Front, Side, & Back Kick	7
<i>Matt Work:</i> Front Fall (from Standing min.)	6
<i>Matt Work:</i> Back Fall (from Standing min.)	6
<i>Matt Work:</i> Side Fall (from Standing min.)	6
<i>Matt Work:</i> Front Roll (from Standing min.)	6
<i>Matt Work:</i> Back Roll (from Standing min.)	6
<i>Matt Work:</i> Escape from Top Mount	6
<i>Matt Work:</i> Escape from Bottom Mount	6

Technique:	Number Needed
<i>Matt Work:</i> Pass the Guard	6
<i>Self-Defense:</i> 2 on 1 Grab #1	6
<i>Self-Defense:</i> 2 on 1 Grab #2	6
<i>Self-Defense:</i> 2 on 1 Grab #3	6
<i>Kata:</i> Pinan Sandan	6
<i>Kata:</i> Pinan Shodan	7
<i>Kata:</i> Pinan Nidan	7
<i>Kata:</i> Tai Kyo Ku Shodan	8
<i>Kata:</i> Tai Kyo Ku Nidan	8

Vocabulary & Knowledge:	Number Needed
Da Ri (Leg)	6
Jok (Foot)	6
Dan Jun (Abdomen)	6
Moo Roop (Knee)	6
Pal Koop (Elbow)	6
Emma (Forehead)	6
Soo (Hand)	6
Pahl (Arm)	6
Chapter 10 Questions from "Bully Book"	6

COMMENTS: