

TANG SOO DO—GREEN BELT—5TH 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.

<i>Techniques Needed for Belt Test</i>	Number Needed
<i>Weapons:</i> 12 Strikes (Arnis)	5
<i>Weapons:</i> #1 Disarm (Single Stick Arnis)	5
<i>Weapons:</i> #2 Disarm (Single Stick Arnis)	5
<i>Weapons:</i> #3 Disarm (Single Stick Arnis)	5
<i>Weapons:</i> #4 Disarm (Single Stick Arnis)	5
<i>Weapons:</i> #5 Disarm (Single Stick Arnis)	5
<i>Weapons:</i> Brush-Trap-Strike (Arnis)	5
<i>Basics:</i> Low X Block	6
<i>Basics:</i> High X Block	6
<i>Basics:</i> Middle Knife Hand Block	6
<i>Basics:</i> Low Knife Hand Block	6
<i>Basics:</i> Focus Back Kick on Pad (both legs)	6
<i>Basics:</i> Focus Front Kick on Pad (both legs)	6
<i>Basics:</i> Focus Side Kick on Pad (both legs)	6
<i>Basics:</i> 1 Minute Continuous Kicking <small>(30 sec each leg)</small>	6
<i>Basics:</i> Focus Round Kick on Pad (both legs)	6
<i>Matt Work:</i> Front Fall (from Crouch min.)	6
<i>Matt Work:</i> Back Fall (from Crouch min.)	6
<i>Matt Work:</i> Side Fall (from Crouch min.)	5
<i>Matt Work:</i> Front Roll (from Crouch min.)	6
<i>Matt Work:</i> Back Roll (from Crouch min.)	5
<i>Matt Work:</i> Escape from Top Mount	5
<i>Matt Work:</i> Escape from Bottom Mount	5
<i>Matt Work:</i> Pass the Guard	5

<i>Techniques Needed for Belt Test</i>	Number Needed
<i>Self-Defense:</i> Same Side Grab #2	6
<i>Self-Defense:</i> Same Side Grab #3	6
<i>Kata:</i> Pinan Shodan	5
<i>Kata:</i> Pinan Nidan	6
<i>Kata:</i> Tai Kyo Ku Shodan	6
<i>Kata:</i> Tai Kyo Ku Nidan	6
<i>Basics:</i> Public Speaking (1 minute speech) <small>{Circle One}</small>	5
“How I can use the Black Belt Success Cycle in My Life”	5
<i>or</i>	
“How the 4 Areas of Mental Concentration Affect My Life Outside of Karate”	5
Vocabulary Needed for Belt Test	
Neh Gung (Internal Power)	5
Weh Gung (External Power)	5
Shim Gung (Mental Power)	5
Shi Sun (Focus of Eyes)	5
Choon Shim (Balance)	5
Mahk Kee (Block)	5
Kong Kyuk (Attack)	5
Dae Ryun / Kumite (Sparring)	5
Ho Sin Sool (Self-Defense)	5
Tuel Oh (Twisting/Reverse)	5
Chapter 9 Questions from “Bully Book”	5