

TANG SOO DO—BLUE BELT—6TH 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	Vocabulary Needed for Belt Test	Number Needed
<i>Basics:</i> Low Knife Hand Block (both hands)	6	Ha Dan Mahk Kee (Low Block)	6
<i>Basics:</i> Middle Knife Hand Block (both hands)	6	Sang Dan Mahk Kee (High Block)	6
<i>Basics:</i> 2 Hand Reinforced Block (both sides)	6	Ahp Cha Gi (Front Kick)	6
<i>Basics:</i> Outside/Inside Kick (both feet)	6	Yup Cha Gi (Side Kick)	6
<i>Basics:</i> Inside/Outside Kick (both feet)	6	Dwi Cha Gi (Back Kick)	6
<i>Basics:</i> Hook Kick (both feet)	6	Dollyo Cha Gi (Roundhouse Kick)	6
<i>Basics:</i> Spin Hook Kick (both feet)	6	Choong Dan Kong Kyuk (Center Punch)	6
<i>Basics:</i> How to Hold Pads	6	Count 1—10 in Chinese: Il, Ee, San, Sa, O, Yuk, Chil, Pahl, Gu, Ship	6
<i>Self-Defense:</i> Same Side Grab #1 (both sides)	6	Hu Beh (Junior)	6
<i>Self-Defense:</i> Same Side Grab #2 (both sides)	6	Sun Beh (Senior)	6
<i>Self-Defense:</i> Hand Combo #1	6	Count 1—10 in Korean: Ha Na, Dool, Set, Net, Da Sot, Yuh Sot, Il Gup, Yo Dull, Ah Hope, Yohl	7
<i>Matt Work:</i> Front Roll (from kneeling min.)	6	Kuk Gi (National Flag)	7
<i>Matt Work:</i> Back Fall (from kneeling min.)	6	Dojang & Dojo (Studio/School)	7
<i>Matt Work:</i> Front Fall (from kneeling min.)	6	Do Bok & Gi (Uniform)	7
<i>Kata:</i> Pinan Nidan	6	Dee (Belt)	7
<i>Kata:</i> Form #3 (Tai Kyo Ku Sandan)	6	Cha Ryut (Attention)	7
What is the “The Black Belt Success Cycle”	6	Kyo Sa (Instructor)	7
What is “The Focus Drill”	6	Sa Bom (Master)	7
What is the “Stinkin’ Thinkin’”	6	Kwan Jhang (Grandmaster)	7
What is a “Cool Down”	6	Choon Bee (Ready)	7
What is the idea of “Healthy Competition”	6	Chun Gul (Front)	7
Demonstrate Tying the Belt (1 min. limit)	6	Jaseh (Stance)	7
Choon Be Challenge (2 Minutes)	6	Demonstrate Opening/Closing Class: Cha Ryut (Attention), Kuk Gi Bay Ray (Bow to Flag), Ba Ro (Return), Muk Nyum (Meditate), Ba Ro (Return), Kyo Sa Nim Kay Kyung Ret (Bow to instructor), Sun Beh Nim Kay Kyung Ret (Bow to senior member).	7

Comments: