

# TANG SOO DO—ORANGE BELT—7TH 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.

<b><i>Techniques Needed for Belt Test</i></b>	<b>Number Needed</b>
<b><i>Basics:</i></b> Inside/Outside Block ( <i>both hands</i> )	5
<b><i>Basics:</i></b> Outside/Inside Block ( <i>both hands</i> )	5
<b><i>Basics:</i></b> Horse Stance Punch ( <i>both hands</i> )	5
<b><i>Basics:</i></b> Back Kick ( <i>both feet</i> )	5
<b><i>Basics:</i></b> Hop Side Kick ( <i>both feet</i> )	5
<b><i>Basics/Self-Defense:</i></b> 4-Corner Blocking ( <i>all 8 moves</i> )	5
<b><i>Basics/Self-Defense:</i></b> Partner 4-Corner Blocking	5
<b><i>Self-Defense:</i></b> Cross Hand Grab #3 ( <i>both sides</i> )	5
<b><i>Self-Defense:</i></b> Cross Hand Grab #4 ( <i>both sides</i> )	5
<b><i>Matt Work:</i></b> Basic Guard Position	5
<b><i>Matt Work:</i></b> Basic Mount Position	5
<b><i>Matt Work:</i></b> Front Roll ( <i>from kneeling min.</i> )	5
<b><i>Matt Work:</i></b> Back Fall ( <i>from sitting min.</i> )	5
<b><i>Matt Work:</i></b> Front Fall ( <i>from kneeling min.</i> )	5
<b><i>Kata:</i></b> Form #1 ( <i>Tai Kyo Ku Shodan</i> )	5
<b><i>Kata:</i></b> Form #2 ( <i>Tai Kyo Ku Nidan</i> )	5
<b><i>All:</i></b> What is a “Cool Down”	5
<b><i>All:</i></b> What is the “Stinkin’ Thinkin’”	5
<b><i>All:</i></b> Demonstrate Tying the Belt ( <i>1 min. limit</i> )	5
<b><i>All:</i></b> What is the “The Black Belt Success Cycle”	5
<b><i>All:</i></b> What is “The Focus Drill”	5
<b><i>All:</i></b> Choon Be Challenge ( <i>1 minute</i> )	5

<b>Vocabulary Needed for Belt Test</b>	<b>Number Needed</b>
Ha Dan Mahk Kee (Low Block)	5
Sang Dan Mahk Kee (High Block)	5
Ahp (Front)	5
Yup (Side)	5
Dwi (Back)	5
Cha Gi (Kick)	5
Kong Kyuk (Punch/Attack)	5
Choong Dan (Center/Middle)	5
Hu Beh (Junior)	5
Sun Beh (Senior)	5
Count 1—10 in Korean: <b>Ha Na, Dool, Set, Net, Da Sot, Yuh Sot, Il Gup, Yo Dull, Ah Hope, Yohl</b>	5
Kuk Gi (National Flag)	5
Dojang & Dojo (Studio/School)	5
Do Bok & Gi (Uniform)	5
Dee (Belt)	5
Cha Ryut (Attention)	5
Kyo Sa (Instructor)	5
Sa Bom (Master)	5
Kwan Jhang (Grandmaster)	5
Choon Bee (Ready)	5
Chun Gul (Front)	5
Jaseh (Stance)	5
Kee Ma (Horse)	5