

TANG SOO DO—YELLOW BELT—8TH 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: Jab Punch (both hands)</i>	5	Count 1—10 in Korean: Ha Na, Dool, Set, Net, Da Sot, Yuh Sot, Il Gup, Yo Dull, Ah Hope, Yohl	5
<i>Basics: Cross Punch (both hands)</i>	5		
<i>Basics: Middle Punch (both hands)</i>	5	Kuk Gi (National Flag)	5
<i>Basics: Make Proper Fist</i>	5	Dojang & Dojo (Studio/School)	5
<i>Basics: Low Block (both hands)</i>	5	Do Bok & Gi (Uniform)	5
<i>Basics: High Block (both hands)</i>	5	Dee (Belt)	5
<i>Basics: Side Kick (both feet)</i>	5	Cha Ryut (Attention)	5
<i>Basics: Front Kick (both feet)</i>	5	Kyo Sa (Instructor)	5
<i>Basics: Round Kick (both feet)</i>	5	Sa Bom (Master)	5
<i>Basics/Self-Defense: 4-Corner Blocking (first 4 moves)</i>	5	Kwan Jhang (Grandmaster)	5
<i>Basics/Self-Defense: 4-Corner Blocking (second 4 moves)</i>	5	Choon Bee (Ready)	5
<i>Self-Defense: Cross Hand Grab #1</i>	5	Chun Gul (Front)	5
<i>Self-Defense: Cross Hand Grab #2</i>	5	Jaseh (Stance)	5
<i>Matt Work: Front Fall (from kneeling minimum)</i>	5	Who is Your Instructor?	5
<i>Matt Work: Back Fall (from sitting minimum)</i>	5	Who is your Instructor's Instructor?	5
<i>Kata: Form #1 (Tai Kyo Ku Shodan)</i>	5	What is the "One Time Rule"	5
Demonstrate Tying the Belt (1 min. limit)	5	What is "Rate Myself"	5
Choon Be Challenge (1 min.)	5	What is the "100 time Theory"	5
		What is a "Cool Down"	5
		What is the "Focus Drill"	5

Comments: