

TANG SOO DO—Black BELT—Junior Dan 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	Technique:	Number Needed
Ha Dan Mahk Kee (low block, front stance) <i>Also "Tuel Oh", twisting</i>	8	Dwi Cha Gi (back kick)	8
Sang Dan Mahk Kee (high block, front stance) <i>Also "Tuel Oh", twisting</i>	8	Ahneso Pahkuro Cha Gi (inside/outside kick)	8
Ahneso Pahkuro Mahk Kee (inside/outside block, front stance) <i>Also "Tuel Oh", twisting</i>	8	Pahkeso Ahnuro Cha Gi (outside/inside kick)	8
Pahkeso Ahnuro Mahk Kee (outside/inside block, front stance) <i>Also "Tuel Oh", twisting</i>	8	Dwi Dollyo Ahneso Pahkuro Cha Gi (short back spinning kick)	8
Ssang Soo Ha Dan Mahk Kee (two fist low block, front stance) <i>Also "Tuel Oh", twisting</i>	8	Dwi Dollyo Hu Ri Gi Cha Gi (spin hook kick)	8
Chun Gul Ssang Soo Ahneso Pahkuro Mahk Kee (two fist, middle block, front stance)	8	Moo Roop Cha Gi (knee kick)	8
Hu Gul Ha Dan Mahk Kee (low block, back stance)	8	Hu Ri Gi Cha Gi (hook kick)	8
Hu Gul Sang Dan Mahk Kee (high block, back stance)	8	Basic Combo: Ha Dan Mahk Kee (<i>low block</i>), Tuel Oh Choong Dan Kong Kyuk (<i>reverse center punch</i>), Ahp Cha Gi (<i>front kick</i>)	8
Hu Gul Pahkeso Ahnuro Mahk Kee (outside/inside block, back stance)	8	Basic Combo: Sang Dan Mahk Kee (<i>high block</i>), Tuel Oh Sang Dan Soo Do Kong Kyuk (<i>reverse high chop</i>), Yup Cha Gi (<i>side kick</i>)	8
Hu Gul Ssang Soo Ahneso Pahkuro Mahk Kee (two fist middle block, back stance)	8	Basic Combo: Ha Dan Soo Do Mahk Kee (<i>low knife hand block</i>), Choong Dan Soo Do Mahk Kee (<i>center knife hand block</i>), Tuel Oh Kwan Soo Kong Kyuk (<i>reverse spear hand attack</i>)	8
Ssang Soo Sang Dan Mahk Kee (two hand high x-block, front stance)	8	Basic Combo: Tuel Oh Sang Dan Mahk Kee (<i>reverse high block</i>), Hu Gul Jaseh (<i>cat stance</i>), Wheng Jin Kung Kyuk (<i>horse stance punch</i>)	8
Hu Gul Ha Dan Soo Do Mahk Kee (low knife hand block, back stance)	8	Basic Combo: Tuel Oh Sang Dan Mahk Kee (<i>reverse high block</i>), Hu Gul Jaseh (<i>cat stance</i>), Tuel Oh Ha Dan Mahk Kee (<i>reverse low block</i>), Chun Gul Jaseh (<i>front stance</i>), Wheng Jin Kung Kyuk (<i>horse stance punch</i>)	8
Hu Gul Choong Dan Soo Do Mahk Kee (middle knife hand block, back stance)	8	Basic Combo: Horse Stance Punch, Same Hand Center Knife Block, Reverse Spear Hand Attack	8
Kyo Cha Rip Jaseh (cross-legged stance)	8	All of the following Matt Work Throws are to be done from a live condition.	
Choong Dan Kong Kyuk (middle punch, front stance) <i>Also "Tuel Oh", twisting</i>	8	Matt Work: Drop Shoulder Throw	8
Sang Dan Kong Kyuk (high punch, front stance) <i>Also "Tuel Oh", twisting</i>	8	Matt Work: Spinner Throw	8
Wheng Jin Kong Kyuk (side punch, horse stance)	8	Matt Work: Outer Reaping Throw	8
Yuk Jin Kong Kyuk (reverse punch, back stance)	8	Matt Work: Outer Wrist Lock Throw	8
Kwan Soo Kong Kyuk (spear hand attack, front stance)	8	Matt Work: Inner Wrist Throw	8
Soo Do Kong Kyuk (knife hand attack, front stance)	8	Matt Work: Arm Bar Throw	8
Yuk Soo Do Kong Kyuk (reverse knife hand attack)	8		
Ahp Cha Gi (front snap kick)	8		
Yup Cha Gi (front side kick)	8		
Dollyo Cha Gi (roundhouse kick)	8		

Technique:	Number Needed	Technique:	Number Needed
<i>Self-Defense:</i> Cross Hand #1	8	<i>Weapons:</i> Strikes 1—12 (Arnis)	8
<i>Self-Defense:</i> Cross Hand #2	8	<i>Weapons:</i> Offhand 1—12 (Arnis)	8
<i>Self-Defense:</i> Cross Hand #3	8	<i>Weapons:</i> Disarms 1—12 (Arnis)	8
<i>Self-Defense:</i> Cross Hand #4	8	<i>Weapons:</i> Single Siniwalli (Arnis)	8
<i>Self-Defense:</i> Same Side Grab #1	8	<i>Weapons:</i> Double Siniwalli (Arnis)	8
<i>Self-Defense:</i> Same Side Grab #2	8	<i>Weapons:</i> Stick Form #1 (Arnis)	8
<i>Self-Defense:</i> Same Side Grab #3	8	<i>Weapons:</i> Set #1 (Bo)	8
<i>Self-Defense:</i> Same Side Grab #4	8	<i>Weapons:</i> Set #2 (Bo)	8
<i>Self-Defense:</i> 2 on 1 Grab #1	8	<i>Weapons:</i> Set #3 (Bo)	8
<i>Self-Defense:</i> 2 on 1 Grab #2	8	<i>Weapons:</i> Low Defense (Bo)	8
<i>Self-Defense:</i> 2 on 1 Grab #3	8	<i>Weapons:</i> Middle Defense (Bo)	8
<i>Self-Defense:</i> 1 on 1 Grab #1	8	<i>Weapons:</i> Basic Takeover 60 in 60 sec (Nunchaku)	8
<i>Self-Defense:</i> 1 on 1 Grab #2	8	<i>Weapons:</i> Over Takeover 30 in 60 sec (Nunchaku)	8
<i>Self-Defense:</i> 1 on 1 Grab #3	8	<i>Weapons:</i> Under Takeover 30 in 60 s (Nunchaku)	8
<i>Self-Defense:</i> 1 on 1 Grab #4	8	<i>Weapons:</i> Strikes with Recoil (Nunchaku)	8
<i>Self-Defense:</i> Natural Grab	8	<i>Matt Work:</i> Falls from Push	8
<i>Self-Defense:</i> Unnatural Grab	8	<i>Matt Work:</i> Rolls from Push	8
<i>Self-Defense:</i> Behind Short Grab	8	<i>Matt Work:</i> Top Mount Escape	8
<i>Self-Defense:</i> Behind Long Grab	8	<i>Matt Work:</i> Bottom Mount Escape	8
<i>Self-Defense/Immediate Action Drill:</i> Stick #1 or #3	8	<i>Matt Work:</i> Pass Guard	8
<i>Self-Defense/Immediate Action Drill:</i> Stick #2 or #4	8	<i>Kata:</i> Taikyoku #1	8
<i>Self-Defense/Immediate Action Drill:</i> Round Kick	8	<i>Kata:</i> Taikyoku #2	8
<i>Self-Defense/Immediate Action Drill:</i> Tackle	8	<i>Kata:</i> Taikyoku #3	8
<i>Self-Defense/Immediate Action Drill:</i> Front Kick	8	<i>Kata:</i> Pinan #1	8
<i>Self-Defense/Immediate Action Drill:</i> 1 or 2 Hand Push	8	<i>Kata:</i> Pinan #2	8
<i>Self-Defense/Immediate Action Drill:</i> Cross Grab	8	<i>Kata:</i> Pinan #3	8
<i>Self-Defense/Immediate Action Drill:</i> Jab	8	<i>Kata:</i> Pinan #4	8
<i>Self-Defense/Immediate Action Drill:</i> Cross	8	<i>Kata:</i> Pinan #5	8
<i>Self-Defense/Immediate Action Drill:</i> Wide Hook	8	<i>Kata:</i> Chil Sung #1	8
<i>Self-Defense/Immediate Action Drill:</i> Same Grab	8	<i>Kata:</i> Chil Sung #2	8
<i>Assignment:</i> Written Paper on “What Black Belt Means to Me & What are the Responsibilities of Being a Black Belt.”	8	<i>Kata:</i> Naihanchi	8
<i>Assignment:</i> Written Paper on “How Do Shim Gung, Neh Gung & Weh Gung Apply to the Martial Arts?”	8	<i>Kata:</i> Bassai	8
		Vocabulary Test	90%