

TANG SOO DO—Brown BELT—2nd GUP TEST

NAME:	1st Evaluation	2nd Evaluation	3rd Evaluation	4th Evaluation	5th Evaluation
	Date:	Date:	Date:	Date:	Date:

Technique:	Pass/ Miss	Pass/ Miss	Pass/ Miss	Pass/ Miss	Pass/ Miss	Rating Scale:	Comments:
Example: Cat Stance	M ₇	M ₇	M ₈	M ₇	P ₉	1 2 3 4 5 6 7 8 9 10	Nice Form
<i>Basics: Ha Dan Mahk Kee (Low Block)</i>						1 2 3 4 5 6 7 8 9 10	
<i>Basics: Sang Dan Mahk Kee (High Block)</i>						1 2 3 4 5 6 7 8 9 10	
<i>Basics: Ahneso Pahkuro Mahk Kee (Inside/Outside Block)</i>						1 2 3 4 5 6 7 8 9 10	
<i>Basics: Pahkeso Ahnuero Mahk Kee (Outside/Inside Block)</i>						1 2 3 4 5 6 7 8 9 10	
<i>Basics: Choong Dan Kong Kyuk (Middle Punch)</i>						1 2 3 4 5 6 7 8 9 10	
<i>Basics: Hu Gul Ha Dan Soo Do Mahk Kee (Low knife hand block, back stance)</i>						1 2 3 4 5 6 7 8 9 10	
<i>Basics: Hu Gul Choong Dan Soo Do Mahk Kee (Middle knife hand block, back stance)</i>						1 2 3 4 5 6 7 8 9 10	
<i>Basics: Ssang Soo Mahk Kee Hul Gul Jaseh (Reinforced Block in cat stance)</i>						1 2 3 4 5 6 7 8 9 10	
<i>Basics: Ssang Soo Mahk Kee Chun Gul Jaseh (Reinforced Block in front stance)</i>						1 2 3 4 5 6 7 8 9 10	
<i>Basics: Ahp Cha Nut Gi (Front Snap Kick)</i>						1 2 3 4 5 6 7 8 9 10	
<i>Basics: Yup Cha Gi (Front Side Kick)</i>						1 2 3 4 5 6 7 8 9 10	
<i>Basics: Ahneso Pahkuro Cha Gi (Inside/Outside Kick)</i>						1 2 3 4 5 6 7 8 9 10	
<i>Basics: Pahkeso Ahnuero Cha Gi (Outside/Inside Kick)</i>						1 2 3 4 5 6 7 8 9 10	
<i>Basics: Dwi Dollyo Hu Ri Gi Cha Gi (Spin Hook Kick)</i>						1 2 3 4 5 6 7 8 9 10	
<i>Basics: Hu Ri Gi Cha Gi (Hook Kick)</i>						1 2 3 4 5 6 7 8 9 10	
<i>Basics: Combo 1: Rev. High Block in Cat Stance, Horse Stance Punch</i>						1 2 3 4 5 6 7 8 9 10	
<i>Basics: Combo 2: Rev. High Block in Cat Stance, Rev. Low Block in Front Stance</i>						1 2 3 4 5 6 7 8 9 10	
<i>Basics: Combo 3: Inside/Outside Kick, (same leg) Round Kick</i>						1 2 3 4 5 6 7 8 9 10	

Technique:	Pass/ Miss	Pass/ Miss	Pass/ Miss	Pass/ Miss	Pass/ Miss	Rating Scale:	Comments:
<i>Matt Work:</i> Front Fall (from Standing push)						1 2 3 4 5 6 <u>7</u> 8 9 10	
<i>Matt Work:</i> Back Fall (from Standing push)						1 2 3 4 5 6 <u>7</u> 8 9 10	
<i>Matt Work:</i> Side Fall (from Standing push)						1 2 3 4 5 6 <u>7</u> 8 9 10	
<i>Matt Work:</i> Front Roll (from standing push)						1 2 3 4 5 6 <u>7</u> 8 9 10	
<i>Matt Work:</i> Back Roll (from Standing push)						1 2 3 4 5 6 <u>7</u> 8 9 10	
<i>Matt Work:</i> Escape from Top Mount						1 2 3 4 5 6 7 <u>8</u> 9 10	
<i>Matt Work:</i> Escape from Bottom Mount						1 2 3 4 5 6 7 <u>8</u> 9 10	
<i>Matt Work:</i> Pass the Guard						1 2 3 4 5 6 7 <u>8</u> 9 10	
<i>Matt Work:</i> Drop Shoulder Throw						1 2 3 4 5 6 <u>7</u> 8 9 10	
<i>Matt Work:</i> Spinner Throw						1 2 3 4 5 6 <u>7</u> 8 9 10	
<i>Matt Work:</i> Outer Reaping Throw						1 2 3 4 5 6 <u>7</u> 8 9 10	
<i>Matt Work:</i> Outer Wrist Look Throw						1 2 3 4 5 6 <u>7</u> 8 9 10	
<i>Self-Defense:</i> Natural Grab						1 2 3 4 5 6 7 <u>8</u> 9 10	
<i>Self-Defense:</i> Unnatural Grab						1 2 3 4 5 6 7 <u>8</u> 9 10	
<i>Self-Defense:</i> Behind Grab Short						1 2 3 4 5 6 7 <u>8</u> 9 10	
<i>Self-Defense:</i> Behind Grab Long						1 2 3 4 5 6 7 <u>8</u> 9 10	
<i>Self-Defense:</i> Immediate Action Drill #1 <i>Stick Strike #1 OR #3</i>						1 2 3 4 5 6 7 <u>8</u> 9 10	
<i>Self-Defense:</i> Immediate Action Drill #2 <i>Stick Strike #2 OR #4</i>						1 2 3 4 5 6 7 <u>8</u> 9 10	
<i>Self-Defense:</i> Immediate Action Drill #3 <i>Round Kick</i>						1 2 3 4 5 6 7 <u>8</u> 9 10	
<i>Self-Defense:</i> Immediate Action Drill #4 <i>Tackle</i>						1 2 3 4 5 6 7 <u>8</u> 9 10	
<i>Self-Defense:</i> Immediate Action Drill #5 <i>Front Kick</i>						1 2 3 4 5 6 7 <u>8</u> 9 10	
<i>Kata:</i> Naihanchi Shodan						1 2 3 4 5 6 <u>7</u> 8 9 10	
<i>Kata:</i> Pinan ChilSung Ee Dan						1 2 3 4 5 6 <u>7</u> 8 9 10	
<i>Kata:</i> Pinan Yon Dan						1 2 3 4 5 6 7 <u>8</u> 9 10	
<i>Kata:</i> Pinan Go Dan						1 2 3 4 5 6 7 <u>8</u> 9 10	
<i>Kata:</i> Pinan Sandan						1 2 3 4 5 6 7 <u>8</u> 9 10	
<i>Kata:</i> Pinan Shodan						1 2 3 4 5 6 7 <u>8</u> 9 10	
<i>Kata:</i> Pinan Nidan						1 2 3 4 5 6 7 <u>8</u> 9 10	
<i>Kata:</i> Tai Kyo Ku Shodan						1 2 3 4 5 6 7 8 <u>9</u> 10	
<i>Kata:</i> Tai Kyo Ku Nidan						1 2 3 4 5 6 7 8 <u>9</u> 10	
<i>Kata:</i> Kata Scramble						1 2 3 4 5 6 7 <u>8</u> 9 10	

Technique:	Pass/ Miss	Pass/ Miss	Pass/ Miss	Pass/ Miss	Pass/ Miss	Rating Scale:	Comments:
<i>Weapons:</i> Bo Staff Set #1						1 2 3 4 5 6 <u>7</u> 8 9 10	
<i>Weapons:</i> Bo Staff Set #2						1 2 3 4 5 6 <u>7</u> 8 9 10	
<i>Weapons:</i> Bo Staff Set #3						1 2 3 4 5 6 <u>7</u> 8 9 10	
<i>Weapons:</i> Bo Low Defense (from thrust)						1 2 3 4 5 6 <u>7</u> 8 9 10	
<i>Weapons:</i> Bo Middle Defense (from thrust)						1 2 3 4 5 6 <u>7</u> 8 9 10	
Vocabulary & Knowledge:	Pass/ Miss	Pass/ Miss	Pass/ Miss	Pass/ Miss	Pass/ Miss	Rating Scale:	Comments:
Da Ri (Leg)						1 2 3 4 5 6 7 <u>8</u> 9 10	
Jok (Foot)						1 2 3 4 5 6 7 <u>8</u> 9 10	
Dan Jun (Abdomen)						1 2 3 4 5 6 7 <u>8</u> 9 10	
Moo Roop (Knee)						1 2 3 4 5 6 7 <u>8</u> 9 10	
Pal Koop (Elbow)						1 2 3 4 5 6 7 <u>8</u> 9 10	
Emma (Forehead)						1 2 3 4 5 6 7 <u>8</u> 9 10	
Soo (Hand)						1 2 3 4 5 6 7 <u>8</u> 9 10	
Pahl (Arm)						1 2 3 4 5 6 7 <u>8</u> 9 10	
Written Paper on "How Tang Soo Do has Helped Me"						1 2 3 4 5 6 7 <u>8</u> 9 10	