

TANG SOO DO—BLUE BELT—6TH 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: What is “Eat to Win”?	M ₅	M ₆	P ₇	-	-	1 2 3 4 5 6 7 8 9 10	Could give examples.
<i>Basics:</i> Low Knife Hand Block (both hands)						1 2 3 4 5 6 7 8 9 10	
<i>Basics:</i> Middle Knife Hand Block (both hands)						1 2 3 4 5 6 7 8 9 10	
<i>Basics:</i> 2 Hand Reinforced Block (both sides)						1 2 3 4 5 6 7 8 9 10	
<i>Basics:</i> Outside/Inside Kick (both feet)						1 2 3 4 5 6 7 8 9 10	
<i>Basics:</i> Inside/Outside Kick (both feet)						1 2 3 4 5 6 7 8 9 10	
<i>Basics:</i> Hook Kick (both feet)						1 2 3 4 5 6 7 8 9 10	
<i>Basics:</i> Spin Hook Kick (both feet)						1 2 3 4 5 6 7 8 9 10	
<i>Basics:</i> How to Hold Pads						1 2 3 4 5 6 7 8 9 10	
<i>Self-Defense:</i> Same Side Grab #1 (both sides)						1 2 3 4 5 6 7 8 9 10	
<i>Self-Defense:</i> Same Side Grab #2 (both sides)						1 2 3 4 5 6 7 8 9 10	
<i>Self-Defense:</i> Hand Combo #1						1 2 3 4 5 6 7 8 9 10	
<i>Matt Work:</i> Front Roll (from kneeling min.)						1 2 3 4 5 6 7 8 9 10	
<i>Matt Work:</i> Back Fall (from kneeling min.)						1 2 3 4 5 6 7 8 9 10	
<i>Matt Work:</i> Front Fall (from kneeling min.)						1 2 3 4 5 6 7 8 9 10	
<i>Kata:</i> Pinan Nidan						1 2 3 4 5 6 7 8 9 10	
<i>Kata:</i> Form #3 (Tai Kyo Ku Sandan)						1 2 3 4 5 6 7 8 9 10	
What is the “The Black Belt Success Cycle”						1 2 3 4 5 6 7 8 9 10	
What is “The Focus Drill”						1 2 3 4 5 6 7 8 9 10	
What is the “Stinkin’ Thinkin’”						1 2 3 4 5 6 7 8 9 10	
What is a “Cool Down”						1 2 3 4 5 6 7 8 9 10	
What is the idea of “Healthy Competition”						1 2 3 4 5 6 7 8 9 10	
Demonstrate Tying the Belt (1 min. limit)						1 2 3 4 5 6 7 8 9 10	
Choon Be Challenge (2 Minutes)						1 2 3 4 5 6 7 8 9 10	

Vocabulary & Knowledge	Pass/ Miss	Pass/ Miss	Pass/ Miss	Pass/ Miss	Pass/ Miss	Rating Scale:	Comments:
Ha Dan Mahk Kee (Low Block)						1 2 3 4 5 <u>6</u> 7 8 9 10	
Sang Dan Mahk Kee (High Block)						1 2 3 4 5 <u>6</u> 7 8 9 10	
Ahp Cha Gi (Front Kick)						1 2 3 4 5 <u>6</u> 7 8 9 10	
Yup Cha Gi (Side Kick)						1 2 3 4 5 <u>6</u> 7 8 9 10	
Dwi Cha Gi (Back Kick)						1 2 3 4 5 <u>6</u> 7 8 9 10	
Dollyo Cha Gi (Roundhouse Kick)						1 2 3 4 5 <u>6</u> 7 8 9 10	
Choong Dan Kong Kyuk (Center Punch)						1 2 3 4 5 <u>6</u> 7 8 9 10	
Count 1—10 in Chinese: Il, Ee, San, Sa, O, Yuk, Chil, Pahl, Gu, Ship						1 2 3 4 5 <u>6</u> 7 8 9 10	
Hu Beh (Junior)						1 2 3 4 5 <u>6</u> 7 8 9 10	
Sun Beh (Senior)						1 2 3 4 5 <u>6</u> 7 8 9 10	
Count 1—10 in Korean: Ha Na, Dool, Set, Net, Da Sot, Yuh Sot, Il Gup, Yo Dull, Ah Hope, Yohl						1 2 3 4 5 6 <u>7</u> 8 9 10	
Kuk Gi (National Flag)						1 2 3 4 5 6 <u>7</u> 8 9 10	
Dojang & Dojo (Studio/School)						1 2 3 4 5 6 <u>7</u> 8 9 10	
Do Bok & Gi (Uniform)						1 2 3 4 5 6 <u>7</u> 8 9 10	
Dee (Belt)						1 2 3 4 5 6 <u>7</u> 8 9 10	
Cha Ryut (Attention)						1 2 3 4 5 6 <u>7</u> 8 9 10	
Kyo Sa (Instructor)						1 2 3 4 5 6 <u>7</u> 8 9 10	
Sa Bom (Master)						1 2 3 4 5 6 <u>7</u> 8 9 10	
Kwan Jhang (Grandmaster)						1 2 3 4 5 6 <u>7</u> 8 9 10	
Choon Bee (Ready)						1 2 3 4 5 6 <u>7</u> 8 9 10	
Chun Gul (Front)						1 2 3 4 5 6 <u>7</u> 8 9 10	
Jaseh (Stance)						1 2 3 4 5 6 <u>7</u> 8 9 10	
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).						1 2 3 4 5 6 <u>7</u> 8 9 10	