

TANG SOO DO—ORANGE BELT—7TH GUP TEST

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|-------|----------------|----------------|----------------|----------------|----------------|
| 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 ₅ | P ₆ | - | - | 1 2 3 4 5 <u>6</u> 7 8 9 10 | Had the idea down. |
| <i>Basics: Inside/Outside Block (both hands)</i> | | | | | | 1 2 3 4 5 <u>6</u> 7 8 9 10 | |
| <i>Basics: Outside/Inside Block (both hands)</i> | | | | | | 1 2 3 4 <u>5</u> 6 7 8 9 10 | |
| <i>Basics: Horse Stance Punch (both hands)</i> | | | | | | 1 2 3 4 <u>5</u> 6 7 8 9 10 | |
| <i>Basics: Back Kick (both feet)</i> | | | | | | 1 2 3 4 <u>5</u> 6 7 8 9 10 | |
| <i>Basics: Hop Side Kick (both feet)</i> | | | | | | 1 2 3 4 <u>5</u> 6 7 8 9 10 | |
| <i>Basics/Self-Defense: 4-Corner Blocking (all 8 moves)</i> | | | | | | 1 2 3 4 5 <u>6</u> 7 8 9 10 | |
| <i>Basics/Self-Defense: Partner 4-Corner Blocking</i> | | | | | | 1 2 3 4 <u>5</u> 6 7 8 9 10 | |
| <i>Self-Defense: Cross Hand Grab #3 (both sides)</i> | | | | | | 1 2 3 4 <u>5</u> 6 7 8 9 10 | |
| <i>Self-Defense: Cross Hand Grab #4 (both sides)</i> | | | | | | 1 2 3 4 <u>5</u> 6 7 8 9 10 | |
| <i>Matt Work: Basic Guard Position</i> | | | | | | 1 2 3 4 <u>5</u> 6 7 8 9 10 | |
| <i>Matt Work: Basic Mount Position</i> | | | | | | 1 2 3 4 <u>5</u> 6 7 8 9 10 | |
| <i>Matt Work: Front Roll (from kneeling min.)</i> | | | | | | 1 2 3 4 <u>5</u> 6 7 8 9 10 | |
| <i>Matt Work: Back Fall (from sitting min.)</i> | | | | | | 1 2 3 4 <u>5</u> 6 7 8 9 10 | |
| <i>Matt Work: Front Fall (from kneeling min.)</i> | | | | | | 1 2 3 4 <u>5</u> 6 7 8 9 10 | |
| <i>Kata: Form #1 (Tai Kyo Ku Shodan)</i> | | | | | | 1 2 3 4 5 <u>6</u> 7 8 9 10 | |
| <i>Kata: Form #2 (Tai Kyo Ku Nidan)</i> | | | | | | 1 2 3 4 <u>5</u> 6 7 8 9 10 | |
| <i>All: What is a “Cool Down”</i> | | | | | | 1 2 3 4 5 <u>6</u> 7 8 9 10 | |
| <i>All: What is the “Stinkin’ Thinkin’”</i> | | | | | | 1 2 3 4 5 <u>6</u> 7 8 9 10 | |
| <i>All: Demonstrate Tying the Belt (1 min. limit)</i> | | | | | | 1 2 3 4 5 <u>6</u> 7 8 9 10 | |
| <i>All: What is the “The Black Belt Success Cycle”</i> | | | | | | 1 2 3 4 5 <u>6</u> 7 8 9 10 | |
| <i>All: What is “The Focus Drill”</i> | | | | | | 1 2 3 4 5 <u>6</u> 7 8 9 10 | |
| <i>All: Choon Be Challenge (1 minute)</i> | | | | | | 1 2 3 4 <u>5</u> 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 <u>5</u> 6 7 8 9 10 | |
| Sang Dan Mahk Kee (High Block) | | | | | | 1 2 3 4 <u>5</u> 6 7 8 9 10 | |
| Ahp (Front) | | | | | | 1 2 3 4 <u>5</u> 6 7 8 9 10 | |
| Yup (Side) | | | | | | 1 2 3 4 <u>5</u> 6 7 8 9 10 | |
| Dwi (Back) | | | | | | 1 2 3 4 <u>5</u> 6 7 8 9 10 | |
| Cha Gi (Kick) | | | | | | 1 2 3 4 <u>5</u> 6 7 8 9 10 | |
| Kong Kyuk (Punch/Attack) | | | | | | 1 2 3 4 <u>5</u> 6 7 8 9 10 | |
| Choong Dan (Center/Middle) | | | | | | 1 2 3 4 <u>5</u> 6 7 8 9 10 | |
| Hu Beh (Junior) | | | | | | 1 2 3 4 <u>5</u> 6 7 8 9 10 | |
| Sun Beh (Senior) | | | | | | 1 2 3 4 <u>5</u> 6 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 <u>6</u> 7 8 9 10 | |
| Kuk Gi (National Flag) | | | | | | 1 2 3 4 5 <u>6</u> 7 8 9 10 | |
| Dojang & Dojo (Studio/School) | | | | | | 1 2 3 4 5 <u>6</u> 7 8 9 10 | |
| Do Bok & Gi (Uniform) | | | | | | 1 2 3 4 5 <u>6</u> 7 8 9 10 | |
| Dee (Belt) | | | | | | 1 2 3 4 5 <u>6</u> 7 8 9 10 | |
| Cha Ryut (Attention) | | | | | | 1 2 3 4 5 <u>6</u> 7 8 9 10 | |
| Kyo Sa (Instructor) | | | | | | 1 2 3 4 5 <u>6</u> 7 8 9 10 | |
| Sa Bom (Master) | | | | | | 1 2 3 4 5 <u>6</u> 7 8 9 10 | |
| Kwan Jhang (Grandmaster) | | | | | | 1 2 3 4 5 <u>6</u> 7 8 9 10 | |
| Choon Bee (Ready) | | | | | | 1 2 3 4 5 <u>6</u> 7 8 9 10 | |
| Chun Gul (Front) | | | | | | 1 2 3 4 5 <u>6</u> 7 8 9 10 | |
| Jaseh (Stance) | | | | | | 1 2 3 4 5 <u>6</u> 7 8 9 10 | |
| Kee Ma (Horse) | | | | | | 1 2 3 4 5 <u>6</u> 7 8 9 10 | |

Comments: