

TANG SOO DO—YELLOW BELT—8TH 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 ₃	M ₄	P ₅	-	-	1 2 3 4 <u>5</u> 6 7 8 9 10	Knew the very basics.
<i>Basics: Jab Punch (both hands)</i>						1 2 3 4 <u>5</u> 6 7 8 9 10	
<i>Basics: Cross Punch (both hands)</i>						1 2 3 4 <u>5</u> 6 7 8 9 10	
<i>Basics: Middle Punch (both hands)</i>						1 2 3 4 <u>5</u> 6 7 8 9 10	
<i>Basics: Make Proper Fist</i>						1 2 3 4 <u>5</u> 6 7 8 9 10	
<i>Basics: Low Block (both hands)</i>						1 2 3 4 <u>5</u> 6 7 8 9 10	
<i>Basics: High Block (both hands)</i>						1 2 3 4 <u>5</u> 6 7 8 9 10	
<i>Basics: Side Kick (both feet)</i>						1 2 3 4 <u>5</u> 6 7 8 9 10	
<i>Basics: Front Kick (both feet)</i>						1 2 3 4 <u>5</u> 6 7 8 9 10	
<i>Basics: Round Kick (both feet)</i>						1 2 3 4 <u>5</u> 6 7 8 9 10	
<i>Basics/Self-Defense: 4-Corner Blocking (first 4 moves)</i>						1 2 3 4 <u>5</u> 6 7 8 9 10	
<i>Basics/Self-Defense: 4-Corner Blocking (second 4 moves)</i>						1 2 3 4 <u>5</u> 6 7 8 9 10	
<i>Self-Defense: Cross Hand Grab #1</i>						1 2 3 4 <u>5</u> 6 7 8 9 10	
<i>Self-Defense: Cross Hand Grab #2</i>						1 2 3 4 <u>5</u> 6 7 8 9 10	
<i>Matt Work: Front Fall (from kneeling minimum)</i>						1 2 3 4 <u>5</u> 6 7 8 9 10	
<i>Matt Work: Back Fall (from sitting minimum)</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 <u>5</u> 6 7 8 9 10	
<i>Demonstrate Tying the Belt (1 min. limit)</i>						1 2 3 4 <u>5</u> 6 7 8 9 10	
<i>Choon Be Challenge (1 min.)</i>						1 2 3 4 <u>5</u> 6 7 8 9 10	

Comments:

Vocabulary & Knowledge:	Pass/ Miss	Pass/ Miss	Pass/ Miss	Pass/ Miss	Pass/ Miss	Rating Scale:	Comments:
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 <u>5</u> 6 7 8 9 10	
Kuk Gi (National Flag)						1 2 3 4 <u>5</u> 6 7 8 9 10	
Dojang & Dojo (Studio/School)						1 2 3 4 <u>5</u> 6 7 8 9 10	
Do Bok & Gi (Uniform)						1 2 3 4 <u>5</u> 6 7 8 9 10	
Dee (Belt)						1 2 3 4 <u>5</u> 6 7 8 9 10	
Cha Ryut (Attention)						1 2 3 4 <u>5</u> 6 7 8 9 10	
Kyo Sa (Instructor)						1 2 3 4 <u>5</u> 6 7 8 9 10	
Sa Bom (Master)						1 2 3 4 <u>5</u> 6 7 8 9 10	
Kwan Jhang (Grandmaster)						1 2 3 4 <u>5</u> 6 7 8 9 10	
Choon Bee (Ready)						1 2 3 4 <u>5</u> 6 7 8 9 10	
Chun Gul (Front)						1 2 3 4 <u>5</u> 6 7 8 9 10	
Jaseh (Stance)						1 2 3 4 <u>5</u> 6 7 8 9 10	
Who is Your Instructor?						1 2 3 4 <u>5</u> 6 7 8 9 10	
Who is your Instructor's Instructor?						1 2 3 4 <u>5</u> 6 7 8 9 10	
What is the "One Time Rule"						1 2 3 4 <u>5</u> 6 7 8 9 10	
What is "Rate Myself"						1 2 3 4 <u>5</u> 6 7 8 9 10	
What is the "100 time Theory"						1 2 3 4 <u>5</u> 6 7 8 9 10	
What is a "Cool Down"						1 2 3 4 <u>5</u> 6 7 8 9 10	
What is the "Focus Drill"						1 2 3 4 <u>5</u> 6 7 8 9 10	