



Traditions Tai Kwon Do

Gup Promotion & Exam Form



Name: _____	Testing Date: _____
ID #: _____	Exam fee: <u> \$30.00 </u>
Present rank: _____	Rank testing for: _____

Circled number indicates score 3 = proficient / pass, 2 = needs work / provisional pass, 1 = unacceptable / no pass

Hyungs (forms) required for each gup				Kicks / Foot techniques			
9 th Chon Ji (Ad. W)	1	2	3	Ahpcha Ol Yiki	1	2	3
8 th Dan Gun (Y)	1	2	3	Ahnesu	1	2	3
7 th Dosan (Ad. Y)	1	2	3	Paknesu	1	2	3
7 th Kicho Sa Bu	1	2	3	Ahp Chakee	1	2	3
6 th Won Hyo (G)	1	2	3	Yup Chakee	1	2	3
6 th Kicho O Bu	1	2	3	Tol Ryo Chakee	1	2	3
5 th Yulguk (Ad. G)	1	2	3	Dwi Chakee	1	2	3
5 th	1	2	3		1	2	3
4 th Joongun (Bl)	1	2	3		1	2	3
4 th Pyung Ahn Sa Dan	1	2	3	Punches / Hand techniques			
3 rd Toigae (Ad. Bl)	1	2	3	Front punch	1	2	3
3 rd Basai Dia	1	2	3	Reverse punch	1	2	3
2 nd Hwa Rang (R)	1	2	3	Low strike	1	2	3
2 nd Basai Bo	1	2	3	High strike	1	2	3
1 st Choong Mo (Br)	1	2	3	Back fist	1	2	3
1 st Stick form	1	2	3	Open hand	1	2	3
Adult Class Techniques				Inside-out	1	2	3
	Il Soo Shiks:			Self-defense:			
White	-----			-----			
Ad. White:	1	2	3	4	5	Same	1 2 3
Yellow:	1	2	3			Cross	1 2 3
Ad. Yellow:	4	5				2 on 2	1 2 3
Green:	1	2	3			2 on 1	1 2 3
Ad. Green:	4	5				Bear	1 2 3
Blue:	1	2	3			Choke	1 2 3
Ad. Blue:	4	5				Arm	1 2 3
Red:	1	2	3			Hair	1 2 3
Brown-Stks	1	2	3	4	5	Grabs	1 2 3
						Other Techniques	
						Ki Mal E Say Pal	1 2 3
						Buki	
						Sparring	1 2 3
						Breaking	1 2 3
Stances	1	2	3	Uniform	1	2	3
				Speed	1	2	3
				Power	1	2	3
				Terminology	1	2	3

Comments / Things to work on: _____

Pass _____ Fail _____ Instructor: _____

(Return at testing with payment---Make checks payable to White Crane Martial Arts)