



# Traditions Tang Soo Do

## Gup Promotion & Exam Form

Name: \_\_\_\_\_

Testing Date: \_\_\_\_\_

ID #: \_\_\_\_\_

Exam fee: **\$30.00**

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 <sup>th</sup> Kicho Il Bu	1 2 3 _____	Ahpcha Ol Yiki	1 2 3 _____
9 <sup>th</sup> Kicho E Bu	1 2 3 _____	Ahnesu	1 2 3 _____
8 <sup>th</sup> Kicho Sam Bu	1 2 3 _____	Paknesu	1 2 3 _____
8 <sup>th</sup> Kicho Sa Bu	1 2 3 _____	Ahp Chakee	1 2 3 _____
7 <sup>th</sup> Pyung Ahn Cho Dan	1 2 3 _____	Yup Chakee	1 2 3 _____
7 <sup>th</sup> Chil Sung Ee Ro	1 2 3 _____	Tol Ryo Chakee	1 2 3 _____
6 <sup>th</sup> Pyung Ahn E Dan	1 2 3 _____	Dwi Chakee	1 2 3 _____
6 <sup>th</sup> Kicho O Bu	1 2 3 _____	Punches / Hand techniques	
5 <sup>th</sup> Pyung Ahn Sam Dan	1 2 3 _____	Front punch	1 2 3 _____
5 <sup>th</sup> Intermediate Form 1	1 2 3 _____	Reverse punch	1 2 3 _____
4 <sup>th</sup> Pyung Ahn Sa Dan	1 2 3 _____	Low strike	1 2 3 _____
4 <sup>th</sup> Intermediate Form 2	1 2 3 _____	High strike	1 2 3 _____
3 <sup>rd</sup> Pyung Ahn O Dan	1 2 3 _____	Back fist	1 2 3 _____
3 <sup>rd</sup> Intermediate Form 3	1 2 3 _____	Open hand	1 2 3 _____
2 <sup>nd</sup> Basai	1 2 3 _____	Inside-out	1 2 3 _____
2 <sup>nd</sup> Chil Sung Il Ro	1 2 3 _____	Outside-in	1 2 3 _____
1 <sup>st</sup> Chil Sung Sam Ro	1 2 3 _____	X-block	1 2 3 _____
1 <sup>st</sup> Bong Jong Il Bu	1 2 3 _____	Spear hand	1 2 3 _____
Adult Class Techniques / O =OK, □ =Work on, X =No pass		Elbow	1 2 3 _____
Il Soo Shiks:		Knee strike	1 2 3 _____
White:	1 2 3 4 5 6 7		1 2 3 _____
Yellow:	1 2 3 4 5 6 7		1 2 3 _____
Orange:	1 2 3 4 5 6 7	Other Techniques	
Green:	1 2 3 4 5 6 7 8 9		1 2 3 _____
Blue:	1 2 3 4 5 6 7 8 9		1 2 3 _____
Red:	1 2 3 4 5 6 7	Sparring	1 2 3 _____
Self-defense:		Ki Mal E Say	1 2 3 _____
	10 11 12 13 14 15 16 17 18 19	Pal Buki	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)*