



# Traditions Tae Kwon Do

## Gup Promotion & Exam Form



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

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