



Traditions & Family 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 th Kicho Il Bu 1 2 3 _____	Ahpcha Ol Yiki 1 2 3 _____
9 th Kicho E Bu 1 2 3 _____	Ahnesu 1 2 3 _____
8 th Kicho Sam Bu 1 2 3 _____	Paknesu 1 2 3 _____
8 th Kicho Sa Bu 1 2 3 _____	Ahp Chakee 1 2 3 _____
7 th Pyung Ahn Cho Dan 1 2 3 _____	Yup Chakee 1 2 3 _____
7 th Chil Sung Ee Ro 1 2 3 _____	Tol Ryo Chakee 1 2 3 _____
6 th Pyung Ahn E Dan 1 2 3 _____	Dwi Chakee 1 2 3 _____
6 th Kicho O Bu 1 2 3 _____	Punches / Hand techniques
5 th Pyung Ahn Sam Dan 1 2 3 _____	Front punch 1 2 3 _____
5 th Sae Kae Il Bu 1 2 3 _____	Reverse punch 1 2 3 _____
4 th Pyung Ahn Sa Dan 1 2 3 _____	Low strike 1 2 3 _____
4 th Sae Kae E Bu 1 2 3 _____	High strike 1 2 3 _____
3 rd Pyung Ahn O Dan 1 2 3 _____	Back fist 1 2 3 _____
3 rd Sae Kae Sam Bu 1 2 3 _____	Open hand 1 2 3 _____
2 nd Basai 1 2 3 _____	Inside-out 1 2 3 _____
2 nd Chil Sung Il Ro 1 2 3 _____	Outside-in 1 2 3 _____
1 st Chil Sung Sam Ro 1 2 3 _____	X-block 1 2 3 _____
1 st 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 8 9 10 11 12	_____ 1 2 3 _____
Yellow: 1 2 3 4 5 6 7 8 9 10 11 12	_____ 1 2 3 _____
Orange: 1 2 3 4 5 6 7 8 9 10 11 12	Other Techniques
Green: 1 2 3 4 5 6 7 8 9 10 11 12	Sparring 1 2 3 _____
Blue: 1 2 3 4 5 6 7 8 9 10 11 12	Ka Mal 1 2 3 _____
Red: 1 2 3 4 5 6 7 8 9 10 11 12	_____ 1 2 3 _____
Self-defense: 1 2 3 4 5 6 7 8 9 10 11 12	_____ 1 2 3 _____
	_____ 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)