INDEPENDENT TANG SOO DO ASSOCIATION
中立唐手道协会
Gup Exam Application

FEE:	$50.00
Received:	

Date of Test: _____ Present Rank: _____ Date of Entrance: _____

Class Number: _____ Special Considerations: _____

_____

Name: _____
(First) (Middle) (Last)

I have trained in Tang Soo Do at South Hills Karate Academy and wish to be examined for promotion in Gup rank

Student's Signature: _____

Parents Signature: _____

Recommending Instructor: _____ Rank: _____ Dan#: _____ School: _____

DO NOT WRITE BELOW THIS LINE

Grading Scale:	9 - Excellent	8 - Superior Technique	7 - Slightly Above Average	6 - Average	5 - Fail

Movement	Score
Ready Stance – Choon Bee Jaseh	
Low Block-Front Stance	
High Block- Front Stance	
Low Punch- Front Stance	
Middle Punch- Front Stance	
High Punch- Front Stance	
Reverse Punch-Front Stance	
Inside/Outside Block-Front Stance	
Outside/Inside Block-Front Stance	
2 Hand Low X Block	
2 hand High X Block	
Spear Hand Attack Front Stance	
1 hand Block Fighting Stance	
2 Hand Block Fighting Stance	
Middle Knife Hand Block	
Side Punch Horse Stance	
-Additional Hand Basics-	
Gup Combinations	
Combinations #1 - #4	
Combinations #5 - #8	
Combinations #9 - #12	
Advanced Combinations	
Combinations #1 and #2	
Combinations #3 and #4	
Combinations #5 and #6	
Hand Techniques Score:	

Movement	Score
Front Stretch Kick	
Center Front Snap Kick	
High Front Snap Kick	
Side Stretch Kick	
Side Snap Kick	
Roundhouse Kick	
Back Snap Kick	
Inside/Outside Stretch	
Outside/Inside Stretch	
Inside/Outside Kick	
Outside/Inside Kick	
Back Wheel Kick (Hook)	
Jump Front Kick	
Jump Side Kick	
Jump Back Kick	
Jump Round Kick	
-Additional Kicking Basics-	
Kicking Techniques Score:	
Bunhae Ki Sul:	
1 or 3 Step Sparring:	
Long Distance Sparring:	
Free Sparring:	
Breaking (Kyuk Pa):	
Endurance:	
Strength:	

Movement	Score
Hyung – Forms	
Hyung Ill Bu 기초형 일부	
Hyung E Bu 기초형 이부	
Hyung Sam Bu 기초형 삼부	
Pyong Ahn Cho Dan 평안초단	
Pyong Ahn E Dan 평안이단	
Chil Sung Ee Ro 칠성 이로형	
Pyong Ahn Sam Dan 평안삼단	
Pyong Ahn Sa Dan 평안사단	
Pyong Ahn Oh Dan 평안오단	
Chil Sung Il Ro 칠성 일로형	
Bassai So 발새소	
Bassai Dai 발새대	
Chil Sung Sam Ro 칠성 삼로형	
Nahianchi Cho Dan 내보진초단	
Average Hyung Score:	
Throws:	
Breakfalls:	
Boxing Hands:	
Combination Hand Basics:	
Combination Kicking Basics:	
Attitude:	
Spirit:	
Focus:	
Discipline:	
Respect:	
Culture & Terminology:	

The above named student has passed the listed requirements and is recommended for promotion to: _____ Gup

Examiners Signatures:

1. _____ 2. _____ 3. _____