



AMERICAN TANG SOO DO ASSOCIATION



Headquarters located at
388-B Eastern Ave. Unit 3, Malden, MA 02148

GUP TEST APPLICATION FORM

Testing Date _____ Last Date Tested _____ ATA GUP Membership# _____
 Students Name _____ Current Rank _____
 Address _____ City _____ State _____ Zip _____
 DOB _____ Age _____ ATA School **Rexer's Tang Soo Do Karate Academy**
 Instructor **Master David Rexer** Rank **5th Dan** Dan # **26465**

Basic:

Low Block _____
 High Block _____
 Double Block _____
 In to Out Block _____
 Out to In Block _____
 Lunge Ctr. Punch _____
 Center Chop _____
 Low Chop _____
 Front Kick _____
 Round Kick _____
 Side Kick _____
 In to Out Kick _____
 Out to In Kick _____
 Skip Side Kick _____
 Front Stance _____
 Fighting Stance _____
 Form One _____
 Form Two _____
 Form Three _____
 One Steps _____
 Sparring _____
 Self Defense _____

Intermediate:

Side Ctr. Block _____
 Side Ctr. Punch _____
 High Punch _____
 Knife Attack _____
 Back Kick _____
 Jump Front Kick _____
 Jump Round Kick _____
 Jump Crescent Kick _____
 Hook Kick _____
 Horse Stance _____
 Pyung Ahn Forms _____
 Cho Dan _____
 E Dan _____
 Sam Dan _____
 Sah Dan _____
 General _____
 Spirit / Kee Ahp _____
 Effort _____
 Concentration _____
 Terminology _____

Advanced:

Alt. Ctr. Punch _____
 Low Cross Block _____
 High Cross Block _____
 High Chop Def. _____
 Ridge Hand Rev Chop _____
 Hammer Fist _____
 Palm Strike _____
 Elbow Strike _____
 Back Fist _____
 Lateral Chop _____
 Jump Back Kick _____
 Hook Kick _____
 Rev. Round Kick _____
 Flying Side Kick _____
 Jump Turn Back Kick _____
 Rev. Hook Kick _____
 Jump Rev. Hook Kick _____
 Spinning Back Kick _____
 Jump Spin Back Kick _____
 Pyung Ahn O Dan _____
 Bassai So _____
 Bassai Dae _____
 Nai Han Chi Cho Dan _____

SCORING SYSTEM: 10 = Excellent, 9 = Very Good, 8 = Good, 7 = Fair, 6 = Needs Improvement, 5 = Fail

Student is Promoted to the Rank of: _____ GUP Belt Size: _____

A Double or Triple Promotion at the White Belt Level or a Double Promotion at High Gup Levels is at the discretion of the Instructor and must be indicated above

Signature of Examiners:

Rank _____

Rank _____

Rank _____