



Student Progress Record

I will test for my first progress stripe on ...

1st stripe	2nd stripe	3rd stripe	4th stripe	Next Gup Test
blocks-strikes	stances-kicks	1 step self defense	poomse (forms)	All Requirements
Test Date	Test Date	Test Date	Test Date	Test Date

During My training at this level, The most important lesson I learned was...

An event , accomplishment, or a discovery that meant the most to me is.....

During my training at this level, I set an example from the Code of conduct and The Tenets of TKD...

Loyalty to nation-
Respect of Parents-
Faithfulness among friends-
Courage in battle-
Avoid all unnecessary violence-
Courtesy-
Integrity-
Perseverance-
Self-Control-
Indomitable Spirit-