



# YUN JUNG DO INTERNATIONAL

## PROGRESS REVIEW FORM 2

Progress Reviews are an important part of a student's development and progress in Yun Jung Do. This is because they firstly allow students the opportunity to be recognized for their achievements. They also give a chance for students to test their level of confidence and to evaluate their ability under pressure. Through Progress Reviews, one can discover where one's weaknesses lie and only then, improve upon their standard.

Apart from the technical and physical aspects of Yun Jung Do, the mental and philosophical aspects also play a vital role. To assess your understanding of these aspects, all students are required to answer the following questions. You may also be asked some of these questions at the Progress Review.

Remember! The aim of Yun Jung Do is to maximize your own potential so try to the best of your ability. Whether you make fast progress or slow progress, it is the reviewing experience that most benefits the student. It is the journey you go through and the person that you become to achieve your goals that is most important.

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**PLEASE ANSWER THE FOLLOWING QUESTIONS:**

Name in Full \_\_\_\_\_

Age \_\_\_\_\_ Present Kup/Dan \_\_\_\_\_ Membership No. \_\_\_\_\_

Instructor's Name \_\_\_\_\_

1. On a scale of 1 to 10, how would you rate your training efforts? (1 lowest, 10 highest)

1 2 3 4 5 6 7 8 9 10

2. How long have you been practicing Yun Jung Do? \_\_\_\_\_

3. What benefits have you gained through Yun Jung Do training? \_\_\_\_\_

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4. How would you explain Yun Jung Do to others? \_\_\_\_\_

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5. What is the Yun Jung Do membership oath? \_\_\_\_\_

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6. What is the meaning of your present Kup & Tul? \_\_\_\_\_

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7. What is the significance of the colour of your present belt? \_\_\_\_\_

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8. What is the significance of the grey uniform? \_\_\_\_\_

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9. Any suggestions to help your Instructor to improve your training ?

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I am sure you will excel to the best of your abilities and wish you all the best with your Progress Review.  
Grandmaster Young Ku Yun.