

# Blue Wave Taekwondo 2<sup>nd</sup> Gup Red Belt Goal Sheet



(to test for 1st Gup Black Stripe)

TECHNIQUE	TARGET	STANCE
Simultaneous Low Block to the Front with Mountain Block to the Rear	Midsection & Head	ES
Reverse Horizontal Elbow Strike, followed by back fist with the same hand, followed by middle punch with the opposite hand	Midsection & Head	ES
Double Jumping Front Kick (moving forward)	$Midsection \rightarrow Head$	KS
Standing Double Jumping Front Kick (in place)	Midsection → Head	KS
Flying Side Kick	Midsection	FS
Trapping Back Kick (Challenge: Jumping 360° Back Kick)	Midsection	FS

#### **POOMSE**

TAEGUEK CHIL JANG (Tae Guek #7)

#### **ONE-STEP SPARRING**

## HO SHIN SOOL (Self-Defense)

Defense Against:

Rear Choke, Shirtsleeve Grab, Hair Grab, Double-Wrist Grab and Full Mount (Ground Escape)

BREAKING - Basic Kicks, Technical Kicks & Hand Techniques

## SPARRING SKILLS

Integrate Jumping Back Kick, Slide Back Double Round Kick and Draw Back Double Round Kick into Free Kicking and Free Paddles. Free Kicking to be demonstrated moving forward and backward.

Sparring Kick Combinations	Skip Cut Kick → Back Kick (Challenge: Cut → back kick in air) Round Kick → Trapping Spinning Hook Kick Round Kick → Running (jump) Cut Kick
----------------------------	---

Contact Free Sparring with Sparring Gear

## **VERBAL INFORMATION**

TaeGuek Chil Jang - Concept of Gan: Mountain

Gan is symbolized by the image of a mountain as the principle of stability.

1965: The Korean Taekwondo Association was formed.

1973: The World Taekwondo Federation was formed.