



Blue Wave Taekwondo
3rd Gup Red Stripe Goal Sheet
 (to test for 2nd Gup Red Belt)



FUNDAMENTALS	
Tiger Stance	(TS)

TECHNIQUE	TARGET	STANCE
Scissors Block	Midsection	ES
Double Scissors Block	Midsection	ES
Upper Cut Punch	Midsection	ES
Double Upper Cut Punch	Midsection	ES
Jumping Back Kick (stationary)	Midsection	FS
Slide Back Double Round Kick	Midsection, Head	FS
Draw Back Double Round Kick	Midsection, Head	FS

POOMSE
TAEGUEK YUK JANG (Tae Guek #6)

ONE-STEP SPARRING

HO SHIN SOOL (Self-Defense)
Defense Against: Headlock & Punch, Side Hold, Side Shoulder Grab, Single Hand Grab and Front Choke

BREAKING – Basic Kicks, Technical Kicks & Hand Techniques
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SPARRING SKILLS	
Integrate Spinning Hook, Double and Fast Double Round Kicks in Free Kicking and Free Paddles. Free kicking to be demonstrated moving forward and backward.	
Sparring Kick Combinations	Round Kick → Slide Back Double Round Kick Round Kick → Draw Back Double Round Kick Running Double → Ax Kick Round Kick → Trapping Back Kick Pada Chagi → Jumping Back Kick (moving backward)
Contact Free Sparring with Sparring Gear	

VERBAL INFORMATION
<p>TaeGuek Yuk Jang - Concept of <i>Gam</i>: Water Water flows shapelessly, incorporating all obstacles in its path. This represents a type of confidence needed as you strive to attain the qualities of acceptance and flow.</p>
<p>The Meaning of the Hwa Rang Do :<i>Flower of Youth</i></p>
<p>The Hwa Rang Do 5-Point Honor Code:</p> <ul style="list-style-type: none"> • Allegiance to One’s Country • Respect for One’s Parents • Integrity in One’s Friendships • Courage in Battle • Restraint from Unnecessary Cruelty or Killing