



Blue Wave Taekwondo
9th Gup Yellow Stripe Goal Sheet
 (to test for 8th Gup Yellow Belt)



FUNDAMENTALS		
Making A Proper Knife Hand	Back Stance	(BS)
	Fighting Stance	(FS)

TECHNIQUE	TARGET	STANCE
Reverse Punch	Groin, Solar Plexus, Nose	ES
Inward Knife Hand Strike	Neck	ES
Inward Block	Midsection	ES
Single Knife Hand Block	Head	BS
Round Knee Strike	Midsection	KS, FS
Round Kick	Midsection	KS, FS
Running Round Kick	Midsection	FS
Crescent Kick – In/out, Out/In	Midsection, Head	KS, FS
Step-Behind Side Stretch	--	EPS
Step-Behind Side Kick	Midsection	EPS
Double Front Kick w/same leg	Knee → Midsection	FS

KIBON EE (Basic Movement #2)	
KIBON SA (Basic Movement #4)	

VERBAL INFORMATION	
<i>The 5 Tenets of Taekwondo:</i> 1. Courtesy 2. Integrity 3. Perseverance 4. Indomitable Spirit 5. Self-Control	
<i>The Literal Meaning of Taekwondo:</i> “Tae” means Foot; “Kwon” means Hand; “Do” means Way of Life; hence, “Taekwondo” means “Way of the Foot and the Fist”.	
<i>Founder of the Blue Wave Taekwondo Association:</i>	Grandmaster Bruce V. Twing
1969: Grandmaster Bruce V. Twing opened the first Taekwondo school in Vermont, laying the foundation for the Blue Wave Taekwondo Association.	
<i>Great Grandmaster of the Blue Wave Taekwondo Association:</i>	Grandmaster Tae Sung Lee
<i>President of the Blue Wave Taekwondo Association:</i>	Master Gordon W. White