



Blue Wave Taekwondo
10th Gup White Belt Goal Sheet
 (to test for 9th Gup Yellow Stripe)



FUNDAMENTALS			
Attention	(cha-yut)	Parallel Stance	(PS)
Bowing	(kyung-nai)	Walking Stance	(WS)
Ready Stance	(choon-bi)	Extended Stance	(ES)
Turning		Kicking Stance	(KS)
Making a Proper Fist		Extended Parallel Stance	(EPS)
Punching with Shoulders Straight			

TECHNIQUE	TARGET	STANCE
Middle Section Punch	Solar Plexus	WS, ES, EPS
High Section Punch	Nose	WS, ES, EPS
Low Section Punch	Groin	WS, ES, EPS
High Block	Head	WS, ES, EPS
Circular Block	Midsection	WS, ES, EPS
Low Block	Low	WS, ES, EPS
Front Stretch	--	KS
Ax Kick	Head or Shoulder	KS
Front Knee Strike	Midsection	KS
Front Kick	Midsection	KS

KIBON IL (Basic Movement #1)

VERBAL INFORMATION
<i>Taekwondo gym or school</i> Dojang <i>Taekwondo uniform</i> Dobak <i>Taekwondo Instructor</i> Sabumnim
<i>The Purpose and Philosophy of Bowing:</i> A formal greeting; a show of respect; a thank you. Bow to the flags every time you enter or exit the dojang.
<i>The Purpose of the American and the South Korean Flags in the Dojang:</i> The American flag shows that we live in America and the South Korean flag shows respect for Taekwondo's Korean origin.
<i>Counting in Korean:</i> 1 : Ha-na 2 : Tul 3 : Set 4 : Net 5 : Ta-set 6 : Yo-set 7 : Il-go 8 : Ya-dul 9 : Ah-hope 10 : Yul
<i>1st Dan/Poom Portfolio:</i> Begin your student portfolio.