



Blue Wave Taekwondo
6th Gup Green Belt Goal Sheet
 (to test for 5th Gup Blue Stripe)



TECHNIQUE	TARGET	STANCE
Outward Knife Hand Strike	Neck	BS
Downward Back Fist	Nose	ES
Side Back Fist	Temple	ES
Simultaneous Knife Hand High Block with Reverse Inward Knife Hand Strike	Head and Neck	ES
Double Side Kick (with same leg)	Knee → Midsection	EPS, FS
Double Round Kick (with same leg)	Knee → Midsection	FS
Step Behind Hook Kick	Head	EPS, FS
Spinning Side Kick	Midsection	FS
Cut Kick	Midsection	FS
In-place Front Leg Ax Kick	Head	FS

POOMSE
TAEGUEK SAAM JANG (Tae Guek #3)

ONE-STEP SPARRING

SPARRING SKILLS	
Show proficiency in combining the 4 Basic Round Kick styles and Back Kick in Free Kicking and Free Paddles.	
Applying 45° angle to Switch and Slip Steps	
Sparring Kick Combinations	Skipping Cut Kick/Step → Round Kick (to head) Round Kick → Skipping Axe Kick Front Leg Ax → Slide back Round House
Contact Free Sparring with Sparring Gear	

VERBAL INFORMATION
<p>TaeGuek Saam Jang - Concept of <i>Ri</i>: Fire and Sun The movements of this form represent fire and sun with unpredictable pace and styling, yet continually moving and burning.</p>
<p>The Meanings of the 5 Aspects of the Theory of Power: <u>Speed:</u> The time needed for the tool to reach the target; all other aspects coordinate for maximum speed. <u>Focus:</u> Using the smallest possible tool to strike the target. <u>Balance:</u> Being flexible, yet stable. <u>Breath Control:</u> Inhaling at the beginning of the technique and exhaling while executing the technique. <u>Reaction Force:</u> Newton's Law – for every action there is an equal and opposite reaction.</p>