



**Blue Wave Taekwondo**  
**8<sup>th</sup> Gup Yellow Belt Goal Sheet**  
 (to test for 7<sup>th</sup> Gup Green Stripe)



TECHNIQUE	TARGET	STANCE
Palm Strike	Jaw	ES
Spear Finger Strike	Solar Plexus	ES
Double Knife Hand Block	Midsection, Head	BS
Double Knife Hand Low Block	Midsection, Low	BS
Step-Over Side Stretch	--	EPS
Step-Over Side Kick	Midsection	EPS
Jumping Front Kick	Midsection, Head	FS
Skipping Round Kick (Fast Kick)	Midsection, Head	FS
Slide Back Round Kick	Midsection, Head	FS
Draw Back Round Kick	Midsection, Head	
<b>KIBON SAAM (Basic Movement #3)</b>		
<b>POOMSE</b>		
<b>TAEGUEK IL JANG (Tae Guek #1)</b>		
<b>SPARRING SKILLS</b>		
Advancing forward in Fight Stance with Rear Leg Round Kick and Fast kick at sparring pace while bouncing. Moving backwards with Slide Back round house kick.		
Forward and Backward Motion for the following steps: Bouncing – sparring pace Full Step – Advancing forward changing stances Switching – Staying in place changing stances Skipping Step – back foot to front to go forward, front foot to back to go backward Slipping Step – reaching with front foot to go forward, reaching with back foot to go backward		
Sparring Kick Combinations	Front Kick → Round Kick Round Kick → Round Kick Round Kick → Ax Kick Round Kick → Running Round Kick	
No Contact Kick-Counter Kick and 3-Kick Combinations		
<b>VERBAL INFORMATION</b>		
<b>Tae Guek Il Jang:</b> Concept of <i>Keon</i> : Heaven and Light: <i>Keon</i> is a creative force which inhabits all physical forms. It is powerful and aggressive and represented by heaven and light.		
<b>Meaning of Blue Wave:</b> Blue is soft and calm like the ocean, changing to the great devastating power of a wave crashing upon the shore.		
<b>The 5 Aspects of the Theory of Power:</b> 1. Speed      2. Focus      3. Balance      4. Breath Control      5. Reaction Force		
<b>Meaning of the American Flag:</b> The 50 stars represent the 50 states; The 13 stripes represent the 13 original colonies; Red symbolizes courage; White symbolizes innocence and purity; Blue symbolizes vigilance, justice and perseverance.		