



Blue Wave Taekwondo
1st Gup Black Stripe Goal Sheet
(to test for 1st Dan/Poom Recommended)



| TECHNIQUE | TARGET | STANCE |
|--|-------------------|--------|
| Diamond Mountain Block | Midsection & Head | BS |
| Double Mountain Block with Simultaneous Foot Stomp | Head & Instep | EPS |
| Tiger Claw Strike | Throat | ES |
| Slide Back 360° Round Kick | Midsection, Head | FS |
| Jumping Spinning Hook Kick (stationary) | Head | FS |
| Trapping Spinning Hook Kick (Challenge: 360° Jump Spin Hook Kick) | Head | FS |

POOMSE

TAEGUEK PAL JANG (Tae Guek #8)

ONE-STEP SPARRING

HO SHIN SOOL (Self-Defense)

Defense Against:
Front Tackle, Front Kick, Round Kick, Side Kick and Arm Bar Choke

BREAKING – Basic Kicks, Technical Kicks & Hand Techniques

SPARRING SKILLS

Developing Your Sparring Style:

Track your sparring experience and make note of your progress. Consider the following questions:

- I am most confident with which techniques?
- I am least likely to execute which techniques when sparring?
- What is my sparring style: Offensive, Defensive or Trapping?
- I would like to improve which sparring skill the most?

Include this information in your 1st Dan/Poom portfolio.

VERBAL INFORMATION

TaeGuek Pal Jang - Concept of *Gon*: Earth

Gon is defined as the quality of being receptive and is symbolized by the earth.

Required Reading: *Modern History of Taekwondo* – See <http://www.bluewavetkd.com>

1st Dan/Poom Portfolio: Complete your student portfolio.