



Blue Wave Taekwondo
4th Gup Blue Belt Goal Sheet
 (to test for 3rd Gup Red Stripe)



TECHNIQUE	TARGET	STANCE
Wedging Block	Midsection	ES
Low X-Block	Low	ES
High X-Block	Head	ES
Palm Heel Block	Midsection	ES
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Spinning Hook Kick	Head	FS
Back Leg Stationary Jumping Front Kick	Midsection	FS
Back Leg Stationary Jumping Round Kick	Midsection	FS
Double Round Kick - moving forward, back leg first (Challenge: second kick to head)	Midsection	FS
Running or Fast Double Round Kick (Challenge: second kick to head)	Midsection	FS

KIBON YUK (Basic Movement #6)

POOMSE
TAEGUEK OH JANG (Tae Guek #5)

ONE-STEP SPARRING

HO SHIN SOOL (Self-Defense)
 Defense Against:
 Hook Punch/Slap, One-Hand Push, Two-Hand Push and Two-Hand Lapel Grab

SPARRING SKILLS
 Integrate 360° Round Kick, Pada Chagi and Cover Punch into Free Kicking and Free Paddles.
 Free kicking to be demonstrated moving forward and backward.

Sparring Kick Combinations	Round Kick → Double Round Kick Round Kick → Spinning Hook Kick Round Kick, Fast Kick → Pada Chagi
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Contact Free Sparring with Sparring Gear

VERBAL INFORMATION
TaeGuek Oh Jang - Concept of *Seon*: Wind
Seon encompasses the characteristics of the wind, gentle and strong, yielding but also penetrating.
 It is a state of being like the wind.