



**Blue Wave Taekwondo**  
**5<sup>th</sup> Gup Blue Stripe Goal Sheet**  
 (to test for 4<sup>th</sup> Gup Blue Belt)



FUNDAMENTALS		
Stationary Jumping Switch	X-Stance	(XS)

TECHNIQUE	TARGET	STANCE
Horizontal Elbow Strike	Shoulder Height	ES
Vertical Elbow Strike	Chin	ES
Reverse Knife Hand Block	Head	ES
Jumping Ax Kick	Head	FS
Jumping Round Kick	Midsection, Head	FS
360° Round Kick (*Challenge: Jumping)	Midsection, Head	FS
Spinning Crescent Kick (*Challenge: Jumping)	Midsection, Head	FS
Pada Chagi – Single motion counter round kick	Midsection	FS

<b>KIBON OH</b> (Basic Movement #5)
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<b>POOMSE</b>
<b>TAEGUEK SA JANG</b> (Tae Guek #4)

<b>ONE-STEP SPARRING</b>
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<b>SPARRING SKILLS</b>	
Integrate Angle Steps, Skipping Cut Kick, Skipping Ax Kick and Front Leg Ax Kick into Free Kicking and Free Paddles. Free kicking to be demonstrated moving forward and backward.	
Reverse and Leading Hand Cover Punch	
Sparring Kick Combinations	Round Kick → Jumping Round Kick (moving forward, same leg) Round Kick/Fast Kick → Pada Chagi Round Kick → 360° Round Kick Cover Punch → Pada Chagi or draw back
Contact Free Sparring with Sparring Gear	

<b>VERBAL INFORMATION</b>	
<b>TaeGuek Sa Jang</b> - Concept of <i>Jin</i> : Thunder Thunder is the element of fear and trembling. Because Taekwondo is comprised of virtuous actions, it defines fear as courage.	
<b>1944:</b> Chung Do Kwan was founded by Great Grandmaster Won Kuk Lee.	
<b>President of Chung Do Kwan:</b>	Grandmaster Yoon Kyu Um
<b>Vice President of Chung Do Kwan:</b>	Grandmaster Hae Man Park

*\*a technique marked **challenge** gives an optional variation on a technique that is more challenging. Ask your instructor if they require this technique of you.*