



**Blue Wave Taekwondo**  
**7<sup>th</sup> Gup Green Stripe Goal Sheet**  
 (to test for 6<sup>th</sup> Gup Green Belt)



TECHNIQUE	TARGET	STANCE
Ridge Hand Strike	Temple, Neck	ES
Hammer Fist Strike	Nose, Collar Bone	ES
Outer Forearm Block	Midsection	ES
Double Arm Block	Midsection	ES
Side Kick	Midsection	EPS, KS
Skipping Side Kick	Midsection	FS
Skipping Ax Kick	Head	FS
Back Kick	Midsection	FS

**POOMSE**  
**TAEGUEK EE JANG** (Tae Guek #2)

**ONE-STEP SPARRING**

**SPARRING SKILLS**

The 4 basics of Round Kick as they apply to sparring, to be demonstrated in Free Kicking or on paddles at sparring pace:

- Offensive Rear Leg Round Kick
- Defensive Rear Leg Round Kick (Slide Back Round Kick)
- Offensive Front Leg Round Kick (Fast Kick and Running Round Kick)
- Defensive Front Leg Round Kick (Draw Back Round Kick)

Sparring Kick Combinations	Fast Kick → Round Kick Fast Kick → Ax Kick Round Kick → Back Kick Round Kick → Slide Back Round Kick
No Contact Free Sparring	

**VERBAL INFORMATION**

**TaeGuek Ee Jang** - Concept of *Tae*: Calm Lake  
*Tae* is of a spiritually uplifting nature.  
 It is gentle and serene and symbolized by the image of a lake.

**Meaning of the South Korean Flag:**  
 Named “Tae Guek Ki”, the center circle represent “yang”, red and “um”, blue, which depict the opposites of the universe: day and night, fire and water, heaven and earth, good and bad, etc. The symbols in each corner stand for Heaven, Earth, Fire, and Water.

**The Meanings of the 5 Tenets of Taekwondo:**  
**Courtesy:** Polite behavior and manners.  
**Integrity:** Rigid loyalty to a code of behavior.  
**Perseverance:** The ability to hold to a course of action without giving way, to keep trying hard.  
**Indomitable Spirit:** Incapable of being overcome or subdued; the ability to persevere.  
**Self-Control:** The ability to control your emotions and actions by strength of will.