



BLUE WAVE TAE KWON DO INTERNATIONAL ACADEMIES
8th Gup Gold Belt to 7th Gup Gold Belt

Information:

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- Review of previous information sheets**
- Five components of power:** Speed, Balance, Focus, Breath Control, and Reaction Force
- 3rd Tae Kwon Do Tenet, Perseverance:** Overcoming any obstacles with constant effort
- 4th Tae Kwon Do Tenet, Self-Control:** Control of emotions and actions by strength of will

Techniques:

Stances:

- Fixed stance:** One and one half shoulder width in length. One shoulder wide, 50/50 weight

Striking Techniques:

- Outward Knife Hand Strike, *horse stance*
- Straight Finger Tip Thrust, *front stance*
- High Back Fist Strike, *front stance*

Blocking Techniques:

- Innerforearm Block closed fist & opened hand, *L-stance*
- Wedging Block, palms out, *front stance*

Kicking Techniques:

- Turning Back Kick, back leg, heel of the foot
- Jump Front Kick, back leg, ball of the foot
- Combination Kick: Skipping round kick front leg, turning back kick with the back leg

Form (Hyung):

- Tae guk 3: 34 movements**

One Steps/Self-Defense:

One Steps:

- #3: Step to the centerline of attacker with an inward middle block to the punching arm, followed by a high back fist strike. Slide towards attacker with an elbow strike, followed by a side kick with the forward leg.
- #4: Step towards attacker, execute an outward knife hand block and an inward knife hand strike to the neck at the same time.
- #5: Move left, guarding block. Round kick forward leg, turning side kick with opposite leg.

Self Defense:

- Release and counter a one-hand shoulder grab (cross side) from the back.
- Release and counter a one-hand grab of your lapel
- I have handed in my intent to promote sheet (junior students)**

Sparring: Skip forward, skip back switch stance Running round kick. Open free sparring

Breaking: One (1) board break with a technique of your choice