



BLUE WAVE TAE KWON DO INTERNATIONAL ACADEMIES
9th Gup Orange Belt to 8th Gup Gold Belt

Information:

I S

- Review of previous sheet**
- Meaning of the Gold belt:** Gold belt signifies the earth
- Three important components to remember about a form:** Stances, Direction, Technique
- 2nd Tae Kwon Do Tenet, Integrity:** Pure character, honesty, knowing right from wrong

Techniques:

Stances:

- L-Stance:** One and one half shoulder width in length. One shoulder width wide
Weight distribution, 30% on the front leg, and 70% on the back leg.

Striking Techniques:

- Inward knife hand strike, front *Stance*

Blocking Techniques:

- Outward knife hand block, *L- Stance*
- Outer forearm block, front-stance

Kicking Techniques:

- Step side kick, front leg, with the heel of the foot
- Skip round kick, front leg, with the instep
- Combination kick: Front kick back leg, round kick with opposite leg, step side kick same leg

Form (Hyung):

- Tae guk 2, (23 movements).**

One Steps/Self-Defense:

One Steps:

- #1: Side step to the left executing a guarding block. Round kick to the body with the front leg.
- #2: Side step to the left into a horse stance while doing a palm pushing block to the punching arm. Execute two punches to the side of the rib cage, followed by a right knee attack.

Self Defense:

- Release and counter a two hand shoulder grab from the back
- Release and counter a wrists grab
- I have handed in my intent to promote sheet** (junior students)

Sparring: Skip forward Skip Round front leg, and open free sparring

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