

AMERICAN ACADEMY OF TAE KWON DO

416 W. Bedford-Eules Rd. • Hurst, TX 76053 • (817) 343-4179 • www.lightemuptkd.com

Blue Stripe Study Guide

Category	Description
Poomsae (Form)	Taeguk Form 4
Self-Defense	Hip Tosses, Throws
Kicking/Hand Technique	Back Kick, Horse Stance Inside out, Outside in blocks
Stances/Movements	Triple Switch, Quad Switch
Breaking	Step Behind Side Kick
Sparring	5 Rounds
School Knowledge	Meaning of Tae Guk Form 4

