

# Capital Martial Arts

## (Tae Kwon Do)

### Intermediate- **Blue Belt** Testing Curriculum

<b>SUBJECT</b>	<b>PERFORMANCE</b>	<b>DETAILS</b>
<b>Form</b>	Tae Gyuk Il Jang Tae Gyuk Yi Jang Tae Gyuk Sam Jang Tae gyuk sa jang	Meaning: Inside the (Korean) flag, form #1, form #2, form #3, form#4.
<b>Applications</b>	Know all the targets for the strikes and applications for each move, as well as each weight distribution for the stances.	Know what each move is for, and where each strike is targeted to.
<b>Kicks</b>	1) Double round house, back three times 2) Roundhouse jump back kick three times 3) Snap round side (same leg ) times	All kick combinations end with a reverse punch.
<b>Hands</b>	1) Ridge hand back fist reverse punch 2) Elbow strike front back fist punch (same hand)	Mechanics and execution of blocks and striking target areas.
<b>Sparring</b>	Yes	Sparring at this level is medium contact to the body and no head contact.
<b>Breaking</b>	Back kick Elbow strike (back)	
<b>Terminology</b>	See terminology section, in addition to knowing all targets and applications mentioned above.	