

Capital Martial Arts

(Tae Kwon Do)

Intermediate- GREEN Belt Testing Curriculum

SUBJECT	PERFORMANCE	DETAILS
Form	Tae Gyuk Il Jang Tae Gyuk Yi Jang Tae Gyuk Sam Jang	Meaning: Inside the (Korean) flag, form #1, form #2, form #3.
Applications	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.
Kicks	1) Double round house three times 2) Roundhouse back kick three times 3) Snap mroundhouse (samelage) kick three times	All kick combinations end with a reverse punch.
Hands	1) Step back fist punch, skip back fist punch, step back fist punch 2) Front hand low block, into out punch.	Mechanics and execution of blocks and striking target areas.
Sparring	Yes	Sparring at this level is medium contact to the body and no head contact.
Breaking	Side kick Ridge hand	
Terminology	See terminology section, in addition to knowing all targets and applications mentioned above.	