

Capital Martial Arts

(Tae Kwon Do)

Intermediate- purple Belt Testing Curriculum

SUBJECT	PERFORMANCE	DETAILS
Form	Tae Gyuk Il Jang Tae Gyuk Yi Jang Tae Gyuk Sam Jang Tae gyuk sa jang Tae gyuk oh jang	Meaning: Inside the (Korean) flag, form #1, form #2, form #3 form #4, form #5,
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) Sliding Round house 3*- hook 2) Roundhouse - jump back kick 3) Skip hook – spin hook	All kick combinations end with a reverse punch.
Hands	1) Skip back fist reverse punch .spinning back fist reverse punch 2) Elbow strike front back fist punch. Spin back fist reverse punch (same hand)	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	Back kick 360 round house	
Terminology	See terminology section, in addition to knowing all targets and applications mentioned above.	