

# Capital Martial Arts

## (Tae Kwon Do)

### Intermediate- RED Belt Testing Curriculum

SUBJECT	PERFORMANCE	DETAILS
<b>Form</b>	Tae Gyuk Il Jang Tae Gyuk Yi Jang Tae Gyuk Sam Jang Tae gyuk sa jang Tae gyuk oh jang Tae gyuk youk jang	Meaning: Inside the (Korean) flag, form #1, form #2, form #3. form #.4 form #.5, form #.6
<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>	<ol style="list-style-type: none"> <li>1) Skip hook/round-spin hook round</li> <li>2) skip Roundhouse 360 round house</li> <li>3) double round house-jump back kick</li> </ol>	All kick combinations end with a reverse punch.
<b>Hands</b>	<ol style="list-style-type: none"> <li>1) double knife hand</li> </ol>	Mechanics and execution of blocks and striking target areas.
<b>Sparring</b>	Yes	Sparring at this level is full contact to the body and no head contact. 3 round( 1 <sup>st</sup> round hands)( 2 <sup>nd</sup> round kicks) 3 <sup>rd</sup> round regular sparing
<b>Breaking</b>	Jump Back kick Elbow strike out to in	
<b>Terminology</b>	See terminology section, in addition to knowing all targets and applications mentioned above.	