

Capital Martial Arts

(Tae Kwon Do)

Beginner- White Belt Testing Curriculum

SUBJECT	PERFORMANCE	DETAILS
Form	Tae Gyuk Il Jang	Meaning: Inside the (Korean) flag, form #1,
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	<ol style="list-style-type: none">1) Snap skip snap2) round skip round,3) side skip side4) ax skip ax	All kick combinations end with a reverse punch.
Hands	<ol style="list-style-type: none">1) Low block, reverse punch.2) high block, reverse punch.3) Out to in reverse punch.4) In to out . reverse 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	snap Kick reverse punch	Heal of the foot
Terminology	See terminology section, in addition to knowing all targets and applications mentioned above.	