

Capital Martial Arts

(Tae Kwon Do)

Beginner- yellow Belt Testing Curriculum

SUBJECT	PERFORMANCE	DETAILS
Form	Tae Gyuk Il Jang Tae Gyuk Yi Jang	Meaning: Inside the (Korean) flag, form #1, form #2.
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) Snap round side. 2) Ax, round –round, side. 3) Round (3x), side.	All kick combinations end with a reverse punch.
Hands	1) Low block, high block, reverse punch. 2) Out to in block, in to out block, reverse punch. 3) Knife hand (high, low), 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	Ax Kick Front hand punch	Heal of the foot First two knuckles
Terminology	See terminology section, in addition to knowing all targets and applications mentioned above.	