



# Kim's Tae Kwon Do

American Chung Do Kwan Tae Kwon Do Association

www.tae-kwon-  
do.org

## ACTA-Minnesota

New Tae Kwon Do Students;

Welcome to Kim's Tae Kwon Do (member of the American Chung Do Kwan Tae Kwon Do Association – ACTA Minnesota)! The instructor group is excited to have you in our class and hope that you can learn a lot and have fun over the next several weeks and beyond. This introductory letter is to help students and parents understand who we are and what will be happening over the next 6 weeks and beyond and to answer some common question of new Tae Kwon Do practitioners.

1. For the first week new white belts will be segregated into an Orientation session working with an instructor to learn the basics of Tae Kwon Do. Typically, after one week the new students will move into the main class with the rest of the colored belts.
2. The standard class is broken up into several components:
  - a. Basic exercises – taught as an entire group, led by the Head Instructor.
  - b. Kicking/striking drills – taught in the back of the class, led by an assistant.
  - c. Forms – taught in groups of belts (ranks) – taught by certified instructors.
  - d. Sparring – taught in groups of belts. Sparring at white belt level is non-contact pre-arranged sparring only.
3. Uniforms:
  - a. A uniform is NOT required for the first 6 week session.
  - b. Uniforms ARE required once a student earns the white/yellow belt.
  - c. Uniforms are purchased separately from ACTA Minnesota – the order form is included in this packet. See the instructors for more information.
4. Advancing in rank and additional fees for testing for belts:
  - a. All students start at white belt. The goal of most students is to earn their black belt.
  - b. Belt rank is as follows: white, white/yellow, yellow, orange, green, dark green, blue, dark blue, red, red/brown, brown, brown/black, black.
  - c. It normally takes around 3 years for a student to achieve their black belt.
  - d. There are additional fees for testing.
  - e. The first test (for white/yellow belt) typically takes place at the end of the first 6 week session. The cost is \$75 and covers the yearly ACTA dues, belt and rank packet.
  - f. The second test (for yellow belt) takes place at the end of each 12-week session. The cost for yellow belt test is \$75 and covers belt, certificate and rank packet.
  - g. Each additional test for higher colored belts takes place each 12-week session, fees range depending on rank.
5. Sparring gear:
  - a. Once a student earns their yellow belt, they will start free sparring. When we do contact sparring, gear is required to participate. We do have some club gear, but stress that students should have their own gear (at least head, chest and mouth guard) to be able to have a chance to spar as much as they want and compete in tournaments.
  - b. Tournament competition is NOT required but, once again, highly encouraged. A student DOES need to compete in a minimum of three tournaments to earn their black belt.

Please see a Head or Chief Instructor for more information or to answer more questions. (Chief instructors are denoted by the black stripe running down the pants of the uniform.)

Sincerely,

Grand Master Jeff Engel  
Head Instructor  
Chanhassen Rec. TKD  
ACTA Minnesota  
612-741-4581

Jr. Master Terry Dahl  
Chief Instructor  
Chanhassen Rec. TKD  
ACTA Minnesota

Jr. Master Taylor Pederson  
Chief Instructor  
Director of Demo Team  
ACTA Minnesota



# Kim's Tae Kwon Do

American Chung Do Kwan Tae Kwon Do Association

A.C.T.A. MN  
702 Debbie Ln.  
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## Tae Kwon Do: Korean Karate

The Korean Martial Art of Tae Kwon Do is designed to develop the mental and physical aspects of the individual to their highest potential. Tae Kwon Do, which literally means "foot-hand-way" has a long history. Although the name Tae Kwon Do was coined in 1955 by General Choi Hong Hi at the International conference of Korean Master Instructors, its history stems from the ancient kick-fighting Art of TaeKyon, which began more than 1400 years ago in Korea.

Today, Tae Kwon Do is practiced in over 150 countries and has more than 30 million practitioners throughout the world. Tae Kwon Do is clearly recognized as the most widely practiced martial art in the United States and internationally. Tae Kwon Do is extremely popular for several reasons: (1) it combines centuries of thought with modern physics and scientific studies to establish an outstanding system of mental and physical development; (2) independent academic research has demonstrated that Tae Kwon Do is capable of significantly improving the cardiovascular and respiratory systems of its practitioners, even individuals who have suffered from heart-attacks and strokes; (3) it enhances the individual's mental capabilities (i.e., it improves concentrations skills, permits the mind to focus for longer periods of time on specific directions and goals, increases self-control, develops self-discipline, encourages the individual to respect authority, and exposes the student to a variety of ways to control and relax the mind and body; and (4) has distinguished itself with its highly developed combination of kicking, blocking, and hand techniques as the best method of self-defense currently available.

The attitude and behavior of the Tae Kwon Do student is governed by the Art's Tenets: *Courtesy* (respect for self and others); *Integrity* (honesty with self and others); *Perseverance* (tenacity to continue efforts to a logical conclusion); *Self-Control* (capability to maintain a stable and positive attitude and behavior); and *Indomitable Spirit* (striving to reach one's full potential and living one's principles).

The Tae Kwon Do environment provides an excellent opportunity for families, couples, and individuals of all ages to enhance their mental and physical abilities.



# Kim's Tae Kwon Do

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A.C.T.A. MN  
www.tae-kwon-do.org

## Requirements for Rank

### White to one Yellow stripe

Basic techniques: front punch, down block, side block, front stance, back stance, horse stance, knife hand strike, front kick, side kick, round kick, step side kick, knife hand block, high-rising block

One steps: number (1-4)

Knowledge: meaning of Tae Kwon Do:

*The Way of the Hand and Foot*

Where Tae Kwon Do is from?

*Korea*

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### One to two Yellow stripes

Basic techniques: all as above, spin side-kick; double back fist strike.

One steps: numbers (1) through (7)

Form: Chon-ji – first half

Knowledge: 4 Rules of Tae Kwon Do

*Never do it at home*

*Never do it at school*

*Never do it outside of the dojang*

*Never do Tae Kwon Do on others*

# Requirements for Rank

## 2 Yellow Stripes to 9 Gup White/Yellow Belt

Basic techniques: spin-side kick, front leg side-kick

One steps: numbers (1) through (8)

Form: Chon-Jie – 1<sup>st</sup> half

Knowledge: meaning of form Chon-Ji

*Heaven and Earth*

Rules of the Dojang

*Be quiet*

*No horseplay*

*Observe signs*

*Bow to the flags when entering/exiting*

*Obey the instructor*

*Be respectful and humble*

*Pay attention*

## ☯ WHITE BELT ONE STEP SPARRING ☯

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1. Step back into a right-side back stance as you execute a left-side knife-hand block, then execute a right middle-section front punch as you move into a left-side front stance.
2. Step to the left (45 degrees) into a horse-riding stance while you execute a left palm block, then execute a right middle-section front punch to the ribs.
3. Same as #2 but execute two middle section punches after the palm block.
4. Same as #2 but execute two middle section punches and one high section punch after the palm block. (start with right side front punch)
5. Step out to the right with the right foot and bring the left foot together (as facing the partner), execute a right front kick and a right middle section punch as you step into a horse riding stance.
6. Same as #5 but execute double middle section punch. (starting with the right side)
7. Same as #5 but execute double middle section punch and one high section punch.
8. Step back with the left foot and make left foot back stance. Execute a left front kick to the opponents' wrist, and then execute a right foot side kick to the middle section.

# Kim-Ra Do Forms



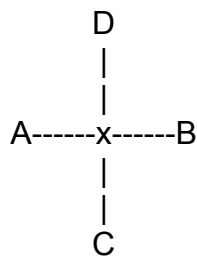
## *Chon-Jie*

*Joon-bie: Open Ready Stance C*

1. Move the left foot to A, forming a left front stance while executing a left down block to A.
2. Execute a high section, right front kick to A, then lower the right foot to A, forming a right front stance while executing a middle section, right front punch to A.
3. Move the right foot to B, turning clockwise and forming a right front stance while executing a right down block to B.
4. Execute a high section, left front kick to B, then lower the left foot to B, forming a left front stance while executing a middle section, left front punch to B.
5. Move the left foot to D, forming a left front stance while executing a left down block to D.
6. Execute a high section, right front kick to D, then lower the right foot to D, forming a right front stance while executing a middle section, right front punch to D.
7. Move the right foot to C, turning clockwise and forming a right front stance while executing a right down block to C.
8. Execute a high section, left front kick to C, then lower the left foot to C, forming a left front stance while executing a middle section, left front punch to C.
9. Move the left foot to B, forming a right back stance while executing a left high section, forearm side block to B.
10. Execute a high section, right front kick to B, then lower the right foot to B, forming a right front stance while executing a high section, right front punch to B.
11. Move the right foot to A, turning clockwise and forming a left back stance while executing a high section, right forearm side block to A.
12. Execute a high section, left front kick to A, then lower the left foot to A, forming a left front stance while executing a high section, left front punch to A.
13. Move the left foot to C, forming a right back stance while executing a high section, left forearm side block to C.
14. Execute a high section, right front kick to C, then lower the right foot to C, forming a right front stance while executing a high section, right front punch to C.
15. Move the right foot to D, turning clockwise and forming a left back stance while executing a high section, right forearm side block to D.

16. Execute a high section, left front kick to D, then lower the left foot to D, forming a left front stance while executing a high section, left front punch to D.
17. Execute a high section, right front kick to D, then lower the right foot to D, forming a right front stance while executing a high section, right front punch to D. *Kihap!*
18. Step back moving the right foot toward C, forming a left front stance facing to D while executing a middle section, left front punch to D.
19. Step back moving the left foot toward C, forming a right front stance facing to D while executing a middle section, right front punch to D.

*End: Move the left foot forward, forming open ready stance C.*



## Tae Kwon Do Glossary

<b>Term</b>	<b>Definition</b>
General	
Tae Kwon Do	Kick Punch Way
Dobak	Uniform
Dojang	Practice room
Kwan	School
Chung Do Kwan	Blue Water School
Kim Ra Do	Gold Rooster Way
Sab-bum-nim	Instructor (father)
Ko-sa-nim	Assistant Instructor (oldest brother)
Hung-nim	Assistant (big brother)
Soo-go-hat-sam-nie-da	Good work out (to class)
Kom-sa-hab-nie-da	Thank you
CheonMaNeYo	You're welcome
Commands	
Ki-hahp	Yell
Char-rot	Attention
Kyung-nae	Bow
Jhoon-be	Ready
Si-jahk	Start/Begin
Ko-mahn	Stop
Torah	Turn Around
Bah-ro	Return to ready
Shi-ut	At ease
Stances and Strikes	
Kibon-dohngjak	Basic Exercises
Soodo	Knife hand
Joo muk	Fist
Mok-ki	Blocking
Taeriki	Striking
Ha-dahn	Down
Yup	Side
Ahp	Front
Tolryo	Round
Yuk-soodo	Reverse Knife-hand
Kwansoo	Hand spear
Pal-potki	Forward punch
Jungdan-chongjin	Advancing middle punch
Sangdan-chongjin	Advancing high punch
Jungul Sokki	Front Stance
Hoogul Sokki	Back Stance
Kima Sokki	Horse Riding Stance
Yup-mokki	Side Block
Yok-jin	Reverse Punch
Sahng-soo	Double back fist strike
An-soodo-taeriki	Inverted Knife Hand strike
Sangdan-chugi-mokki	High Rising Block
Chung-gwan	Palm Heel Strike

## Tae Kwon Do Glossary

Term	Definition		
<b>Kicks</b>			
Chah-ki		Kick	
Ahp-chahki		Front Kick	
Yup-chahki		Side Kick	
Tolryo-chahki		Round Kick	
Dwi tora yup-chahki		Spin Side Kick	
Dwit-whoergi		Spin Heel	
Twi-miro ahp-chahki		Jump Front Kick	
Twi-miro yup-chahki		Jump Side Kick	
Twi-miro tolryo-chahki		Jump Round Kick	
Miro yup-chahki		Hop Side Kick	
Twi-miro dwi-tora yup-chahki		Jump Spin Side Kick	
<b>Sparring</b>			
Il bo dae-ryon		One-step Sparring	
Som bo dae-ryon		Three-step Sparring	
Gyuru Dae-ryon		Free Sparring	
<b>Hyung</b>			
Chong-ji		Heaven & Earth (white)	
Jae-Sang		Revitalization (8 yellow)	
Dan-Gun		Founder of Korea (7 orange)	
Shilla		Ancient Kingdom of Korea (6 green)	
Won-Hyo		Ancient Buddhist Monk (5 dark green)	
Won-Kwang		Ancient Buddhist Monk and teacher (4 blue)	
Al-Jie		1 <sup>st</sup> Decendent of GM Kim (3 dark blue)	
Mi-Chu		Ancient King (2 brown)	
Hwa-Rang		Ancient Knights (1r brown)	
Kwang-Chung		Ancient Hwa Rang leader (1d brown/ 1R Black)	
Chin-hung		Korean King (1D Black)	
Duk-won		Patriot – grandfather of GM Kim (2R Black)	
Mun-Mu		Ancient King (2D Black)	
Sun-Duk		Ancient Queen (3R Black)	
Tae-Jong		Ancient King (3D Black)	
Yul-Shin		Ancient General (4D Black)	
Ul-Ji		Ancient General (5D Black)	
<b>Counting</b>			
Hana	One	Il	1st
Tul	Two	Ee	2nd
Set	Three	Sam	3rd
Net	Four	Sah	4th
Tasot	Five	Oh	5th
Yosot	Six	Yook	6th
IlGob	Seven	Chil	7th
Yudol	Eight	Pal	8th
Ahop	Nine	Koo	9th
Yeol	Ten	Sip	10th
SeuMool	Twenty	Ee Sip	20th
SoReun	Thirty	Sam Sip	30th



# White Belt Drills

## *On heavy bag or shield.*

10 front kicks each leg

10 side kicks each leg

10 round kicks each leg

10 punches each hand

## *On focus pad or blocker*

10 side blocks each side

10 down blocks each side



# Kim's Tae Kwon Do

American Chung Do Kwan Tae Kwon Do Association

## ☯ TAE KWON DO UNIFORM ORDER FORM ☯

Name: \_\_\_\_\_

Size: \_\_\_\_\_

### ITEM

### Price

### Qty

### Total

☯ <b>For white belts</b> <i>medium weight uniform</i> white belt Kim's Tae Kwon Do on back ACTA patch (with 1 <sup>st</sup> yellow stripe) Kim's patch (with 2 <sup>nd</sup> yellow stripe)	\$70.00	_____	_____
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- *Uniforms will arrive within 2 weeks of order (if not in stock)*

**\*\*Make checks payable to A.C.T.A. MN**

for office use only

Order taken by: \_\_\_\_\_ date: \_\_\_\_\_ deposit paid: \_\_\_\_\_

Date ordered: \_\_\_\_\_

due on receipt: \_\_\_\_\_

Date received: \_\_\_\_\_



# Kim's Tae Kwon Do

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ACTA-Minnesota

Tae Kwon Do students & parents of students;

In an effort to better communicate with the students and parents of our Tae Kwon Do clubs we are developing a database with current e-mail addresses, phone numbers, etc. This way we will be able to communicate with everyone in a quick and efficient method.

Students name: \_\_\_\_\_

Parents name(s): \_\_\_\_\_

Current Address: \_\_\_\_\_

\_\_\_\_\_

Phone numbers: \_\_\_\_\_ home

\_\_\_\_\_ Work

\_\_\_\_\_ Mobile

E-mail address: \_\_\_\_\_

\_\_\_\_\_

Are there any health issues / concerns that we should be aware of? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What was the primary reason to start your son/daughter in Tae Kwon Do? What are you looking for them to get out of it? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_