



# Kim's Tae Kwon Do

American Chung Do Kwan Tae Kwon Do Association

A.C.T.A. MN  
702 Debbie Ln.  
Carver, MN 55315  
www.tae-kwon-do.org

## Requirements for Rank

### 1R Dan Black Belt to 1D Dan Black Belt

**Basic techniques:** flying side kick  
**One-Steps:** all (34 – 49)  
**Three-Steps:** all (16 - 33)  
**Self-Defense:** 5.x.x – All lapel grab techniques

**Form:** Hwa-Rang & Kwan-Chung

**Board Breaks:** Two foot techniques.

**Other:** Black belts need to attend 30-40 classes between testings (must avg. 10/month)  
Must attend (1) Regional Black Belt Seminar  
Must complete Black Belt Package  
Black Belts must test at a Regional Black Belt Testing

**Knowledge:** meaning of form Kwang-Chung  
*The name of a great General of the Silla Kingdom. He was 2<sup>nd</sup> in command of the Hwa- Rang Do and fought against the Paekje. He was a martyr who died during battle at the hands of the Paekje general. His death caused the Silla forces to fight harder and they eventually won the battle and the war with Paekje.*

#### count 1-20 in Korean

one	hana	eleven	yeol-hanna
two	tul	twelve	yeol-tul
three	set	thirteen	yeol-set
four	net	fourteen	yeol-net
five	tasot	fifteen	yeol-tasot
six	yosot	sixteen	yeol-yosot
seven	ilgob	seventeen	yeol-ilgob
eight	yudol	eighteen	yeol-yudol
nine	ahop	nineteen	yeol-ahop
ten	yeol	twenty	seamool

## ☯ Three-Step Sparring ☯

**Note:** All three-steps begin stepping backward into a back stance, with the right foot first, blocking with the left hand, unless otherwise noted.

16. After third block, step back into a right back stance and execute a right middle-section front punch as you move into a left front stance, then step back with the left foot into a left back stance and execute a left spin side kick.
17. After third block, move left foot 45 degrees to the left side while executing left hand palm-block and throw three punches (two mid-section, one high-section starting with the right hand). Execute a right foot round house kick to the mid-section (come back to back stance)
18. After third block, step to the right with the right foot and bring left foot together (while facing partner). Execute a right foot front foot front kick then step out into a horse riding stance (keep you stance parallel with you partner). Execute three punches (two mid-section, one high-section). Step back with the right foot into a fighting stance and execute a left foot jump front kick to the face.
19. After third block, step back with the left foot into a back stance, execute a left front kick to the opponents' wrist then execute a right foot side kick to the middle section, then step back with the right foot, (turn counter-clockwise) into a right back stance and execute a right spin side kick to the mid-section.
20. After the third block, execute a right side kick to the mid-section. Bring the right foot down to the outside of your partner's front foot and execute a right mid-section knife hand strike to the back. Without moving your feet execute a right knife-hand strike to the neck. Execute a left spin-knife hand strike (spin counterclockwise) to the solar plexus. Step back with the right foot into a right back stance as you block opponent's hand with your left hand. Execute a right high section round kick.
21. After the third block, same as #20, but add a left punch and a right punch to the face before right round kick.
22. After the third block, move the right foot forward to form a right front stance while executing a right elbow strike to the mid-section, followed with a left spin-elbow to the mid-section. Move the right foot back (turning counter clockwise) forming a right back stance. Execute a right round kick to the high section.
23. After the third block, move the left foot, to form a left front stance and execute a right, middle-section punch, followed with a right, face section palm-heel strike. Move the left foot back, forming a left back stance and execute a left foot spin sidekick.
24. After the third block, move the left foot back forming a left back stance (fighting stance), execute a left foot crescent kick to block the opponent's hand (from inside to outside). Execute a right high section round kick. Move the right foot back, forming a right back stance, and execute a right high section spin heel kick.
25. After the third block, step back to left back stance, execute a left middle section spin sidekick, bring the feet together and execute a right high section round kick.
26. After the third block, step forward with the left foot into a right back stance (inside your partner) while executing a left hand knife-hand strike to the neck. Grab your partner's shoulder with the same hand and execute a right upset punch to the mid-section. (punch while pulling the shoulder down).

27. After the third block, step forward with the left foot into a right back stance (inside your partner) while executing a left hand knife-hand strike. Grab your partner's shoulder with the same hand and execute a right upset punch to the mid-section. (punch while pulling the shoulder down). After the punch jump back to sparring stance and execute a right round house kick to the face.
28. After the third block, execute a right leg round kick to the face. Bring the foot down next to your left foot. Execute a left foot spin-sidekick.
29. After the third block, step forward into a right front stance while executing a left knife-hand block and a right inverted knife-hand strike to the neck. Next execute a right elbow strike to the face. Grab the opponent's right wrist with your left hand. Then pull the opponent towards you as you execute a right knife-hand strike to the neck as you slide back into an upright stance.
30. After the third block step back into a left fighting stance. Execute a left (outside to inside) crescent kick block. Bring your left foot next to your right foot. Execute a right spin-heel kick to the face. Bring the foot all the way around. End in a fighting stance.
31. After the third block step back into a left fighting stance. Execute a left (outside to inside) crescent kick block. Bring your left foot next to your right foot. Execute a right spin-heel kick to the face. Bring the foot all the way around. Execute a right round kick to the face.
32. After the third block step back into a left fighting stance. Execute a left (outside to inside) crescent kick block. Execute a right middle-section spin-sidekick.
33. After the third block, step back to a left fighting stance. Execute a left (outside to inside) crescent kick block. Execute a right middle section spin-sidekick, and then execute a left high section spin-sidekick.

## One-Steps

34. Step back with a knife-hand block. Execute a right middle-section front punch as you move into a left-side front stance, now step back with the left foot into a left foot back stance and execute a left foot spin side kick. Then jump straight back and execute a high section jump side-kick with the left foot.
35. Move left foot 45 degrees to the left side while executing left hand palm-block and throw three punches (two mid-section, one high-section starting with the right hand). Execute a right foot round house kick to the mid-section (come back to back stance). Execute a right leg spin heel kick to the face.
36. Step to the right with the right foot and bring left foot together (while facing partner). Execute a right foot front foot front kick then step out into a horse riding stance (keep you stance parallel with you partner). Execute three punches (two mid-section, one high-section). Step back with the right foot into a fighting stance and execute a left foot jump front kick to the face. Execute a right leg jump roundhouse kick to the face.
37. Step back with the left foot into a back stance with a knife hand block. Execute a left front kick to the opponent's wrist then execute a right foot side kick to the middle section, then step back with the same foot (right foot, turn counter-clockwise) into a back stance and throw

a spin side kick to the mid-section (turning clockwise). After the spin side kick, slide back and execute a hop side kick with the right foot.

38. Step back with the right foot into a fighting stance. Execute a right foot side kick to the mid-section. Bring the right foot down to the outside of your partner's front foot and execute a right mid-section knife hand strike to the back. Without moving your feet execute a right knife-hand strike to the neck. Execute a left spin-knife hand strike (spin counterclockwise). Step back with the right foot into a back stance as you block opponent's hand with your left hand. Execute a right leg round house kick to the face. Step back with the right leg, execute a right spin heel kick to the face.
39. Same as #38, but add a left hand punch and a right hand punch to the face before right leg roundhouse kick. After the round kick step back with the right leg and execute a right jump spin heel kick to the face.
40. Left hand knife hand block as you step back into a back stance (w/right foot), then step into a sitting stance and strike with elbow to the mid-section (w/right elbow) then execute a reverse elbow with left arm (clockwise.) Step away from your opponent, moving your right foot back into a back stance, and throw a right foot roundhouse kick to the face. Slide back and execute a left leg jump spin side kick.
41. Step back to a right-side back stance as you execute a left knife hand block, then step to the left into a front stance and strike right hand punch (mid-section), then palm strike. Step back to back stance (w/left foot) and execute a left foot spin side kick. Slide back and execute a right leg jump spin side kick.
42. Step back to left-side back stance (fighting stance), execute a left foot crescent kick to block the opponent's hand (from inside to outside). Execute a right foot high section round kick. Now step back into a back stance with right foot and execute a right foot spin heel kick. Bring the foot all the way around, then execute a back leg (right) jump roundhouse kick to the face.
43. Step back to left side back stance, execute a left foot spin side kick to the middle section, bring the feet together and throw a right foot round kick. Slide back and execute a front leg (right) jump roundhouse kick.
44. Step forward with the left foot into a back stance (inside your partner) while executing a left knife-hand strike. Grab your partner's shoulder with the same hand and throw a right hand punch to the mid-section. After the punch jump back into a fighting stance (left foot forward) and execute a right leg spin heel kick, followed by a right leg jump spin heel kick, to the face.
45. Same as #44, but after the roundhouse kick to the face, jump back (right foot forward) and execute a left leg jump spin side kick, followed by a right leg jump spin side kick, both to the midsection.
46. Step back into a right leg fighting stance. Execute a right leg round kick to the face. Bring the foot down next to your left foot. Execute a left foot spin-side kick. Turn back 180 degrees (counter clockwise) and execute a 360 degrees jump side kick with the right leg.

47. Step forward into a right front stance while executing a left knife-hand block and a right inverted knife-hand strike to the neck. Next execute a right forearm elbow strike to the face. Now grab the opponents' right wrist with your left hand. Then pull the opponent towards you as you execute a right knife-hand strike to the neck as you slide back into a back stance. Step back 180 degrees (clockwise) with the right leg into a fighting stance. Execute a right leg roundhouse kick. Slide back and execute a 360 degrees jump spin roundhouse kick.
48. Step back into a left-leg fighting stance. Block your opponent's hand with a left foot (outside to inside) crescent block. Bring your left foot next to your right foot. Throw a right leg spin-heel kick to the face. Bring the foot all the way around. Land in a fighting stance. Execute a right leg round kick to the face. Slide back and execute a 360 degrees jump roundhouse kick with the right leg.
49. Step back to a left leg fighting stance. Block the opponent's hand with the left foot (outside to inside) crescent kick. Execute a spin-side kick with the right leg to the mid-section. Execute another spin-side kick to the high section with the left leg. Jump back and execute a 360 degrees jump spin side kick with the left leg.

# Self Defense

## **5. Lapel grab**

### **5.1 Hand Techniques**

- 5.1.1 Strike down on inside of elbow with same side hand, while striking reverse hand knife hand to neck.
- 5.1.2 Strike down on inside of elbow with same side hand. Fingers to eyes
- 5.1.3 Strike down on inside of elbow with same side hand. Palm heel to nose bridge
- 5.1.4 Strike down on inside of elbow with same side hand. Palm heel to chin
- 5.1.5 Strike down on inside of elbow with same side hand. Arc hand to Adam's apple
- 5.1.6 Strike down on inside of elbow with same side hand. Arch hand to Adam's apple, then grab and rip it out.
- 5.1.7 Strike down on inside of elbow with same side hand. Punch to solar plexus.
- 5.1.8 Strike down on inside of elbow with same side hand. Elbow to face

### **5.2 Foot Techniques**

- 5.2.1 Front kick to the groin.
- 5.2.2 Grab wrist, step back and front leg sidekick to mid-section.
- 5.2.3 Grab wrist, sidekick to knee.
- 5.2.4 Grab wrist, side-kick to shin
- 5.2.5 Grab wrist, stomp kick to instep.
- 5.2.6 Grab hand with same side, with other hand reach behind their neck, step to side, (knee kick to the mid-section) as you pull them down.

### **5.3 Joint locks**

- 5.3.1 Reach across and grab the back of opponent's hand with your opposite side hand, continue twisting in same direction, add pressure to the back of the elbow with your forearm.
- 5.3.2 Grab their wrist with the opposite hand and lock it to your body. Bring same side arm up on the outside of their arm and bring your upper arm down on their forearm so their wrist is under your arm pit and apply pressure down.
- 5.3.3 Grab wrist with same side hand as you turn in. Bring their elbow down over your shoulder.
- 5.3.4 Grab the wrist with same side hand and twist out. With the opposite side hand place the palm under their elbow and push up as you pull down on their wrist to the outside.

### **5.4 Take down**

- 5.4.1 Reach across and grab the back of opponent's hand with your opposite side hand, continue twisting in same direction, add pressure to the back of the elbow with your forearm, taking them all the way to the ground.
- 5.4.2 Reach across with opposite hand and grab their hand. Twist hand to outside, grab with both hands and pull down and back as you step backward.
- 5.4.3 Grab wrist with same side hand. Spin to outside (360degrees), keeping shoulder close to opponent. Bring arm overhead and back down behind opponent.
- 5.4.4 With opposite side foot, leg sweep as you strike their shoulder.



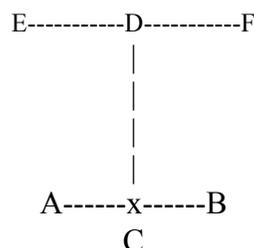
## *Hwa-Rang*

*Joon-bie: Closed Ready stance C – the left hand crosses over the right hand.*

1. Move the left foot to A, forming a horse-riding stance while executing a middle section, left palm block to D. *Do this move slowly.*
2. Execute a middle section right front punch to D.
3. Execute a middle section left front punch to D. *Perform moves 2 and 3 quickly.*
4. Raise the left foot, forming a right single leg stance while executing a left double forearm guarding block to A.
5. Execute a middle section, left side kick to A, then lower the left foot to A, forming a left front stance while executing a middle section, right front elbow strike to A, striking the left palm.
6. Move the left foot to the right foot. Then move the right foot to B, forming a horse-riding stance while executing a middle section, right palm block to D. *Do this move slowly.*
7. Execute a middle section, left front punch to D.
8. Execute a middle section, right front punch to D. *Perform moves 7 and 8 quickly.*
9. Raise the right foot, forming a left, single leg stance while executing a right double forearm guarding block to B.
10. Execute a middle section, right side kick to B, then lower the right foot to B, forming a right front stance while executing a left front elbow strike to B, striking the right palm.
11. Move the right foot to the left foot, then move the left foot to D, forming a left front stance while executing a left down block toward D.
12. 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.
13. Slide the left foot to the right foot, forming a left cat stance to D while grabbing the right fist with the left palm.
14. Execute a middle section, right side kick to D while pulling the right hand back to the left side of the belt, then lower the right foot to D, forming a left back stance while executing a high section, right knife-hand strike to D.
15. Execute a high-section, left front kick to D, then lower the left foot to D, forming a left front stance while executing a middle section, left front punch to D.
16. 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. *Kihap!*

17. Move the left foot to F, turning counterclockwise, forming a right back stance while executing a left double knife-hand guarding block to F.
18. Execute a high-section, right front kick to F, then lower the right foot to F, forming a right front stance while executing a middle section, right spear-finger strike to F with *the right elbow resting on the left open back hand*.
19. Step change on line E-F, turning counterclockwise, and form a right back stance to E while executing a left double knife-hand guarding block to E.
20. Execute a high section, right round kick to E, then lower the right foot to E, and execute a high section, left round kick to E. Lower the left foot to E, forming a right back stance while executing a left double knife-hand guarding block to E.
21. Move the left foot toward C, forming a left front stance while executing a left down block to C.
22. Slide the left foot back, forming a right back stance to C while executing a middle section, right reverse punch to C.
23. Execute a middle section, right side kick to C, then lower the right foot to C, forming a left back stance while executing a middle section, left reverse punch to C.
24. Execute a middle section, left side kick to C, then lower the left foot to C, forming a right back stance, while executing a middle section, right reverse punch to C.
25. Move the left foot toward C, forming a left front stance while executing a low section, right closed X block to C.
26. Turning counterclockwise, slide the right foot to C, forming a right back stance to D while executing a middle section, right reverse elbow strike to C. *Kihap! You should be looking over your right shoulder.*
27. Move the left foot to the right and turn to A, forming a closed upright stance while executing a right, double forearm circle block to A.
28. Execute a left, double forearm circle block to A.
29. Move the left foot to A, forming a right back stance while executing a left, double knife-hand guarding block to A.
30. Move the left foot to the right, then move the right foot to B, forming a left back stance while executing a right, double knife-hand guarding block to B.

*End: Bring the right foot back to the left foot, forming closed ready stance C.*





## ***Kwan-Chang***

*Joon-bie: Open Ready Stance C*

1. Move the left foot to A, forming a right back stance while executing a high section, left knife-hand square block to A. *The right hand is in front of your forehead.*
2. Raise the left foot, forming a right, single leg stance while executing a left double forearm guarding block to A.
3. Execute a middle section, left side kick to A, then lower the left foot to A, and execute a high section, right round kick to A. Lower the right foot to A, forming a left back stance while executing a right double forearm guarding block to A.
4. Move the right foot to B, forming a left back stance while executing a high section, right knife-hand square block to B. *The left hand is in front of your forehead.*
5. Raise the right foot, forming a left, single leg stance while executing a right double forearm guarding block to B.
6. Execute a middle section, right side kick to B, then lower the right foot to B, and execute a high section, left round kick to B. Lower the left foot to B, forming a right back stance while executing a left double forearm guarding block to B.
7. Move the left foot to D, forming a right back stance while executing a high section, left knife-hand square block to D. *The right hand is in front of your forehead.*
8. Raise the left foot, forming a right, single leg stance while executing a left double forearm-guarding block to D.
9. Execute a middle section, left side kick to D, then lower the left foot to D, forming a right back stance while executing a left double forearm guarding block to D.
10. Raise the right foot, forming a left, single leg stance while executing a right double forearm guarding block to C.
11. Execute a middle section, right side kick to C, then lower the right foot to C, forming a right back stance while executing a left double knife-hand guarding block toward D.
12. Execute a two-step, high section, right jump side kick to D. *Kihap!* Land in a left back stance while executing a right double knife-hand guarding block to D.
13. Move the left foot to F, turning counterclockwise, and form a right back stance while executing a left down block to F.
14. Move the left foot to F, forming a left front stance while executing a high section, double spear finger strike to F and *grabbing the back of your opponent's head.*

15. Execute a middle section, right knee strike to F *bringing both hands down past the knee*. Lower the right foot to the left foot, then move the left foot to E, turning counterclockwise, and form a left front stance while executing a high-section, right reverse knife-hand strike to E. *(The right elbow rests on the left open back hand.)*
  16. Execute a high-section, right round kick to E. Lower the right foot to the left foot, and execute a middle section, left spin-side kick to E. Lower the left foot to E, forming a left back stance while executing a right double forearm-guarding block to F.
  17. Execute a high section, left round kick to F, then lower the left foot to the right foot and move the right foot to C, forming a left back stance while executing a left double palm pole block to C. *(The left hand is in front of your face and the right hand is at waist level.)*
  18. Jump straight up, turning counterclockwise 360°, and land on the same spot, forming a left back stance while executing a right, double knife-hand guarding block to C.
  19. Jump straight up, turning clockwise 180°, and land on the same spot, forming a right back stance while executing a left double knife-hand guarding block toward C.
  20. Execute a two-step, high section, right, jump side kick to C. *Kihap!* Land in a left back stance while executing a right double knife-hand guarding block to C.
  21. Move the left foot to A, turning counterclockwise, and form a left front stance while executing a high section, left double back fist strike to A.
  22. Execute a middle section, right side kick to A. Lower the right foot to A and execute a middle section, left spin side kick to A, then lower the left foot to A, forming a left back stance to B while executing a right double forearm guarding block to B.
  23. Execute a middle section, left spin-side kick to B. Lower the left foot to B, and execute a middle section, right side kick to B. Lower the right foot to B, and execute a middle section, left side kick to B, then lower the left foot to B, forming a left back stance to A while executing a middle section, left, open X-block to A.
  24. Move the left foot to A, forming a left front stance while executing a twin-palm rising block to A. *Do this move slowly.*
  25. Step change on line A/B, turning clockwise, and form a right front stance to B while executing a high section, right high-rising block to B. Then execute a high-section, left front punch to B. *Kihap!*
- End: Bring the left foot back, forming open ready stance C.*

