

Kim's Tae Kwon Do

American Chung Do Kwan Tae Kwon Do Association

A.C.T.A. MN
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Requirements for Rank

1R Gup Brown Belt to 1D Gup Brown/Black Belt

Basic techniques: reverse jump spin round kick

Three steps: number 16 through 33

One-steps: number 34 through 49

Self-Defense: 1.x.x – All same side grab techniques
2.x.x – All cross side grab techniques
3.x.x – All two hand grab techniques

Form: Mie-Chu & Hwa-Rang

Board Breaks: One hand technique & one foot technique.

Other: Brown Belts must attend at least 24 classes between testings.

Brown belts must test at a scheduled testing

Knowledge: **Meaning of form Hwa-Rang**

Named after the Hwa-Rang Do youth group which originated in the Silla Dynasty in the early 7th century. They were the ancient knights of the Silla Kingdom.



The founder of Chung Do Kwan

Won Kuk Lee

The major vital spots

Temple, nose bridge, upper lip, wind pipe, solar plexus, shoulder joint, wrist joint, spine, kidney, knee, groin, instep.



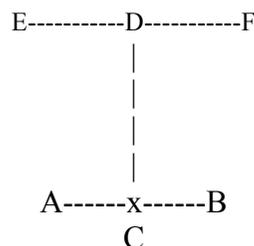
Hwa-Rang

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.



☯ Three-Step Sparring ☯

Brown Belt – 1st Grade

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

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.
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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

42. Step back into 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 foot high section round kick. Move the right foot back, forming a right back stance and execute a right 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 back stance, execute a left foot spin side kick to the middle section, bring the feet together and execute a right round kick. Slide back and execute a front leg (right) jump roundhouse kick.
44. Step forward with the left foot, forming a right back stance while executing a left knife-hand strike to the neck. Grab your partner's shoulder with the same hand and execute a right middle-section upset punch. Jump back, forming a right fighting stance and execute a right spin heel kick, followed by a right jump spin heel kick, to the face.
45. Step forward with the left foot, forming a right back stance while executing a left knife-hand strike to the neck. Grab your partner's shoulder with the same hand and execute a right middle-section upset punch. Slide back and execute a right high section round kick, then jump back (right foot forward) and execute a left jump spin side kick, followed by a right 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.

3. Self-Defense - Two Hand grab

3.1 Hand Techniques

- 3.1.1 Break grip, same hand knife hand to neck. Fingers to eyes
- 3.1.2 Palm heel to nose bridge
- 3.1.3 Palm heel to chin
- 3.1.4 Arc hand to Adam's apple
- 3.1.5 Arch hand to Adam's apple, then grab and rip it out.
- 3.1.6 Punch to solar plexus.
- 3.1.7 Step in a strike opponent's elbow with your forearm. Spin elbow to solar plexus.

3.2 Foot Techniques

- 3.2.1 Front kick opponent to groin.
- 3.2.2 Step back and break grip. Sidekick to solar plexus.
- 3.2.3 Sidekick to knee,
- 3.2.4 Sidekick to shin
- 3.2.5 Stomp kick to foot.
- 3.2.6 Front kick to the solar plexus.
- 3.2.7 Step in and break grasp with forearm. Step back and spin sidekick.
- 3.2.8 Step in and break grasp with forearm. Hop back – sliding sidekick.

3.3 Joint Locks

- 3.3.1 Arc hand rising, twist hand to outside, twist and push down elbow.
- 3.3.2 Twist wrist to inside, grab wrist with both hand, pressure down on wrist.
- 3.3.3 Twist hand to outside, put both hands on wrist, apply pressure back and down.
- 3.3.4 Grab wrist, bring elbow over shoulder 180 degrees.
- 3.3.5 Strike inside of elbow with free the thumb of the free hand (striking the pressure point). Step forward with same foot as grabbed hand. Lift opponent's arm up and step underneath. Turn 180 degrees behind opponent and create arm-bar behind their back.
- 3.3.6 Break one hand free, grab wrist with that hand, then step behind and choke with free hand.

3.4 Take Downs

- 3.4.1 Create an arc hand and raise your arm to shoulder level, grab the back of opponents hand with your free hand, continue twisting in same direction, add pressure to the back of the elbow with your forearm, continue pushing down until person is on the ground.
- 3.4.2 Twist hand to inside, thumb on back of hand, break grip and use both hands. Apply pressure down and step forward, driving them to the ground.
- 3.4.3 Twist hand to the outside, grab the back of the hand, continue twisting in the same direction, step back and pull opponent down at the same time.
- 3.4.4 Grab wrist with free hand. Spin to outside, 360 degrees, keeping shoulder close to opponent. Bring arm overhead and back down behind opponent.
- 3.4.5 Grab hand with free hand, break grip and leg sweep as striking shoulder.
- 3.4.6 Twist hand to the outside. Grab opponent's wrist with free hand. Slide behind opponent keeping their arm straight and wrap arm around opponent's neck to form chokehold, and apply pressure on elbow using your chest as a lever. Step back and push opponent down
- 3.4.7 Leg sweep as striking shoulder (grabbing hand)
- 3.4.8 Step behind with opposite foot. Bring free hand up under armpit as you throw you hip into opponents hip. Lift and twist opponent over hip and bring down.