



Kim's Tae Kwon Do

American Chung Do Kwan Tae Kwon Do

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

Requirement of Rank

2D Dan Black Belt to 3R Dan Black Belt

Form:	Moon-Moo & Duk-Won <i>Should know all forms and be able to teach any form.</i>
One Steps:	All
Three Steps:	All
Self Defense:	All
Board Breaks:	One hand technique & flying side kick over 3 person obstacle, or with permission of Grand Master Kim, one hand technique, one kick and one jump kick (different leg). Also must work on advanced board breaking, e.g. power breaking, speed breaking, multiple targets.
Other:	Minimum 24 months and 260 classes (2.5/week) Must attend average of (2) Regional ACTA Black Belt/Instructor Seminars per year. Must assist at class at least 24 times per year <i>This must be a class that the instructors o.k.</i> Must attend at least one Summer Camp
Knowledge:	meaning of forms Moon-Moo & Duk-Won

☯**Douk-Won**☯

2 Dan Rec. Black Belt

Named after Kim Duk Won, Grandmaster Kim's grandfather who fought against the Japanese for the independence of Korea.

☯**Moon-moo**☯

2 Dan Black Belt

Named after King Munmu of the Silla Kingdom (661-681 A.D.). He was the 30th King of Silla and was known for completing the unification of the three kingdoms of Korea by defeating Koguryo. He was buried in an underwater tomb to continue his efforts to defend Silla from the Japanese.



Moon-moo

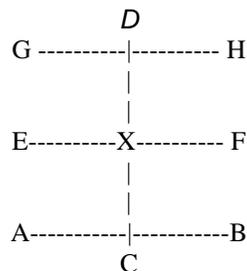
Joon-bie: Closed ready stance A

1. Execute a right stomp kick over the left foot while executing a low section, left open X block to D, and while lowering the body to form a left X stance to D.
2. Execute a low section, left side kick and a middle section, left side kick to E. Lower the left foot to E, forming a horse-riding stance to D while executing a high section, left spear-finger strike to D.
3. Execute a middle section, right spin side kick to E.
4. Jump to E, executing a right stomping down kick to E while executing a high section, right knife-hand strike to E. Then bring the left foot to the right forming a right X stance to A. *Perform moves 3 and 4 as one count.*
5. Execute a middle section, left side kick to F. Lower the left foot to F, forming a left front stance while executing a low section, right palm-heel down strike to F.
6. Execute a middle section, right side kick to F. Lower the right foot to F, forming a right front stance while executing a low section, left palm-heel down strike to F.
7. Pick up the left foot, forming a right single leg stance while executing a high section, left knife-hand block to E and a low section, right knife-hand down block to F.
8. Execute a left stomp kick over the right foot while executing a low section, right open X block to D, and while lowering the body to form a right X stance to D.
9. Execute a low section, right side kick and a middle section, right side kick to F. Lower the right foot to F, forming a horse-riding stance to D while executing a high section, right spear-finger strike to D.
10. Execute a middle section, left spin side kick to F.
11. Jump to F, executing a left stomping down kick to F while executing a high section left knife-hand strike to F. Then bring the right foot to the left, forming a left X stance to F. *Perform moves 10 and 11 as one move.*
12. Execute a middle section, right side kick to E. Lower the right foot to E, forming a right front stance while executing a low section, left palm-heel down strike to E.
13. Execute a middle section, left side kick to E. Lower the left foot to E, forming a left front stance while executing a low section, left palm-heel down strike to E.

14. Pick up the right foot, forming a left single leg stance while executing a high section, right knife-hand block to F and a low section, left knife-hand down block to E.
15. Move the right foot back to C, forming a right back stance to D while executing a middle section, left X block to H.
16. Execute a middle section, right reverse round 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.
17. Execute a middle section, left front punch to D.
18. Move the right foot back to C, forming a left front stance to D while executing a high section, left rising block to D.
19. Execute a left down block to D, remaining in a left front stance.
20. Execute a high section, double palm pressing block, moving the hands from left to right. *The block should end up facing F. The feet should remain in the front stance. Perform slowly.*
21. Bring the left foot up to the right knee and turn to F, forming a right single leg stance to F while executing a high section, left double forearm guarding block to F.
22. Lower the left foot to H, forming a horse-riding stance to B while executing a high section, left palm-rising block to B.
23. Execute a middle section, right front punch to B.
24. Execute a high section, left back fist strike to B. *The left elbow rests on the right back fist.*
25. Slide the right foot back to C, keeping it on line CD. Then move the left foot to C, forming a right back stance to C while executing a high section, left double knife-hand guarding block to C.
26. Execute a high section, left front kick to C. Lower the left foot to C, forming a left front stance while executing a high section, left spear-finger strike to C.
27. Execute a high section, right spear-finger strike to C.
28. Execute a high section, right side kick to C. *Kihap!*
29. Lower the right foot to C and turn counterclockwise, forming a left front stance to G while executing a high section, right forearm front block to G. *(Perform moves 28 and 29 as one move.)*
30. Execute a high section, right reverse round kick to G and lower the right foot to G, forming a right front stance while executing a high section, left spear-finger strike to G.
31. Move the right foot to H, turning clockwise and forming a right front stance while executing a high section, left forearm front block to H.

32. Execute a high section, left reverse round kick to H. Lower the left foot to H, forming a left front stance while executing a high section, right spear-finger strike to H.
33. Move the left foot to D, forming a right back stance while executing a high section, left double forearm guarding block to D.
34. Move the right foot to D, forming a left back stance while executing a high section, right double forearm guarding block to D.
35. Move the left foot to D, turning counterclockwise, forming a right back stance to D while executing a high section, left double knife-hand guarding block to D.
36. Execute a high section, right round kick to D, lower the right foot to D and execute a middle section, left spin sidekick to D. Lower the left foot to D and execute a high section, left jump side kick to D. *Kihap!*
37. Upon landing, move the right foot to G, turning clockwise, forming a right front stance while executing a high section, left forearm front block to G.
38. Execute a high section, left reverse round kick to G. Lower the left foot to G, forming a left front stance while executing a high section, right spear-finger strike to G.
39. Move the left foot to H, turning counterclockwise, forming a left front stance while executing a high section, right forearm front block to H.
40. Execute a high section, right reverse round kick to H. Lower the right foot to H, forming a right front stance while executing a high section, left spear-finger strike to H.
41. Move the right foot to the left and move the left foot to C, forming a left front stance, and execute a low section, left knife-hand down block to C.
42. Execute a high section, left knife-hand rising block to C.
43. Execute a high section, right round kick to C, then lower the right foot to C, and execute a high section, right jump side kick to C. Lower the right foot to C, forming a right front stance while executing a high section, double front punch to C.
44. Execute a high section, double palm-heel pressing block, moving the hands from right to left. *The block should end up facing F. The feet should remain in the front stance. Perform slowly.*
45. Execute a middle section, left upset punch to C.
46. Moving the right foot left on line CD, turn counterclockwise and form a left front stance to D while executing a middle section, right elbow front strike to D, *striking the left palm.*
47. Jump to D, forming a right X stance while executing a high section right double back fist strike to D.

48. Move the left foot to E, forming a horse-riding stance to G while executing a high section, right palm rising block to G.
 49. Execute a middle section, left front punch to G.
 50. Execute a high section, right back fist strike to G. *The right elbow should rest on the left back fist.*
 51. Move the left foot to C, forming a left front stance while executing a high section, right reverse knife-hand strike to C. *The right elbow should rest on the left back hand.*
 52. Execute a high section, right round kick to C. Lower the right foot to C, forming a left front stance while executing a high section, double front punch to D.
 53. Slide the left foot back to form a right back stance while executing a high section, right middle-knuckle upset punch to D and bringing the left fist back to the right chest.
 54. Move the right foot to D, forming a horse-riding stance facing E. Execute a left 9-block to E.
 55. Execute a low section, left reverse double knife-hand guarding block to C.
 56. Execute a low section right knife-hand guarding block to D.
 57. Move the left foot along line CD, turning clockwise while executing a stomping kick to D, forming a horse-riding stance to F and executing a high section, twin side forearm block to C and D.
 58. Move the left foot along line CD, turning clockwise while executing a stomping kick to C, forming a horse-riding stance to E and executing a high section, twin side forearm block to C and D.
 59. Move the right foot to C, forming a right front stance while executing a high section, right rising block to C.
 60. Execute a high section left front punch to C.
 61. Move the right foot to F, turning counterclockwise, forming a left front stance while executing a high section, left rising block to D.
 62. Execute a high section, right front punch to D. *Kihap!*
- End: Move the right foot to the left foot, forming closed ready stance A.*



Additional One-Steps Black Belts

50. Step forward with left foot into back stance, with left knife-hand block.
Triple punch (right/left to solar plex, right to face). Grab partners right wrist with your right hand. Right leg short round-kick to solar plex. Right leg front-kick under partner's right arm. Right leg round-kick to face, with ki-hahp.
51. Right leg side-kick to mid-section. Left leg jump spin-crescent kick (spin counter-clockwise), land with left foot forward. Right leg jump round-kick to face, with ki-hahp.
52. Left leg side-kick to mid-section. Left leg jump-side-kick to mid-section, or face. Right leg jump-spin-side-kick to mid-section, with ki-hahp.
53. Right leg inside-drop-kick to block punch, bring right foot down next to the left foot. Left foot jump-spin-crescent-kick, 360 degrees, land with left foot back. Left foot drop-kick, bring left foot down next to right foot.
Right foot jump-spin-crescent-kick, 360 degrees, land with right foot back.
Right foot jump-round-kick to face, with ki-hahp.
54. Right foot inside crescent-kick to block punch. Bring right foot down next to left foot. Left foot spin-heel kick to face. Land with left foot back. Left leg round kick to face, with ki-hahp.
55. Step forward with right foot, into a back stance. Block punch with left knife-hand block, while striking the neck with a right knife-hand strike.
Grab your partner's wrist with your right hand. Pull your partner toward you, and execute a right leg side-kick, under the arm, with ki-hahp.
56. Step back with a knife-hand block. Right leg inside-drop-kick to block punch, bring right foot down next to the left foot. Left foot jump-spin-crescent-kick, 360 degrees, land with left foot back. Left foot drop-kick, bring left foot down next to right foot.
Right foot jump-spin-crescent-kick, 360 degrees, land with right foot back.
Right foot jump-round-kick to face, with ki-hahp.
57. Step back with a knife-hand block. Right foot inside crescent-kick to block punch. Bring right foot down next to the left foot. Left foot jump spin-heel kick to face. Land with left foot back. Left leg jump round kick to face, with ki-hahp.

Additional Three Steps
Black Belts

50. Step back with knife-hand blocks. Step forward with your right leg, stepping under your partner's arm. Keep your left hand against your partner's wrist. Turn counter-clockwise as you step through, grabbing the arm. Twist your partner's arm down and up, turning clockwise. This should make your partner bend at the waist. Front kick to the face, with ki-hahp.
51. Step back with knife-hand blocks. After third block, right leg drop kick to block punch. Left leg jump-spin crescent, land so the left leg is behind the right. Left leg drop kick. Right leg jump-spin-crescent kick, land so the right leg is behind. Right leg jump round kick, with ki-hahp.
52. Step back with knife-hand blocks. After third block, push your partner's wrist away. Left leg hook-kick to the face, bringing the foot from your right to left. Without putting your foot down, left leg round kick to the face with ki-hahp.
53. Step back with knife-hand blocks. Triple punch (right/left to solar plex, right to face). Grab partners right wrist with your right hand. Right leg short round-kick to solar plex. Right leg front-kick under partner's right arm. Right leg round-kick to face, with ki-hahp.
54. Step back with knife-hand blocks. Right leg side-kick to mid-section. Left leg jump spin-crescent kick (spin counter-clockwise), land with left foot forward. Right leg jump round-kick to face, with ki-hahp.
55. Step back with knife-hand blocks. Left, front leg side-kick to mid-section. Left leg jump-side-kick to mid-section, or face. Right leg jump-spin-side-kick to mid-section, with ki-hahp.
56. Step back with knife-hand blocks. Right leg inside-drop-kick to block punch, bring right foot down next to the left foot. Left foot jump-spin-crescent-kick, 360 degrees, land with left foot back. Left foot drop-kick, bring left foot down next to right foot. Right foot jump-spin-crescent-kick, 360 degrees, land with right foot back. Right foot jump-round-kick to face, with ki-hahp.
57. Step back with knife-hand blocks. Right foot inside crescent-kick to block punch. Bring right foot down next to the left foot. Left foot jump spin-heel kick to face. Land with left foot back. Left leg jump round kick to face, with ki-hahp.