



Kim's Tae Kwon Do

American Chung Do Kwan Tae Kwon Do

A.C.T.A. MN
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Requirement of Rank

2R Dan Black Belt to 2D Dan Black Belt

Form:	Duk-Won & Jin-Hoong
One Steps:	All
Three Steps:	All
Self-Defense:	1.x.x – All same side techniques 2.x.x – All cross side techniques 3.x.x – All 2 hand grab techniques 4.x.x – All shoulder grab techniques 5.x.x – All Lapel grab techniques 6.x.x – All double shoulder grab techniques 7.x.x – Shoulder grab from behind
Board Breaks:	One foot technique & one jump kick
Other:	Minimum 3 months and 30 classes (2.5/week) Must attend ACTA Black Belt Seminar prior to testing Must be able to teach the first 3 forms and all one steps.
Knowledge:	meaning of form Duk-Won Meaning of form Jin-Hoong

☯**Douk-Won**☯

2 Dan Rec.

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

☯**Jin-Hoong**☯

1 Dan Black Belt

Named after the 24th Silla King (540-576 AD) who was instrumental in the founding and the advancement of the Hwa Rang Do.



Douk-Won

Joon-bie: Open heaven hand ready stance

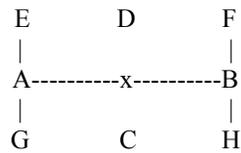
1. Move the left foot to the right foot, forming a closed upright stance, facing A while executing a double down block to A and B. *Do this move slowly.*
2. Move the left foot to A, forming a right back stance while executing a high-section, left double forearm guarding block to A.
3. Pull the right foot up to the left knee forming a left single-leg stance while executing a high section, left double fist rising strike to A while turning to face B.
4. Execute a low section, right side kick to B, then lower the right foot to B, forming a horse-riding stance to D while executing a high section, right knife-hand strike to B.
6. Execute a middle section, left hooking punch to B.
7. Move the right foot to B, forming a left front stance on line A/B, while executing a high-section, right forearm front block to D.
8. Execute a high section, right front kick to D, then lower the right foot to B, forming a horse-riding stance to D while executing a middle section, left front punch to D.
9. Move the left foot to A, forming a right front stance on line A/B while executing a high-section, left forearm front block to D.
10. Execute a high section, left front kick to D, then lower the left foot to A, forming a horse-riding stance to D while executing a middle section, right front punch to D.
13. Execute a left, double forearm front block to D. *The left hand circles low and ends at shoulder level, the right hand circles high and ends in front of the right knee.*
14. Execute a right, double forearm front block to D. *The right hand circles low and ends at shoulder level, the left hand circles high and ends in front of the left knee.*
15. Execute a high section, double open forearm block to D.
16. Execute a middle section, right reverse elbow strike to C, supporting the right fore fist with the left palm.
17. Execute a middle section, right front punch to D. *The left palm should rest over the right elbow.*
18. Execute a middle section, left reverse elbow strike to C, supporting the left fore fist with the right palm.

19. Execute a middle section, right double side punch to B.
20. Move the left foot to B, forming a right X-stance to D while executing a low section, right inside down block to D, grabbing the wrist with the left forefingers.
21. Move the right foot to B, forming a left back stance while executing a high section, inside reverse knife-hand strike to B. *This should be done in slow motion.*
22. Execute a high section, left palm-heel strike to B. *This should be done in slow motion.*
23. Execute a middle section, right side kick to B, then lower the right foot to B and slowly move the left foot to the right foot, forming a closed upright stance to F while executing a double down block to A and B. *This should be done in slow motion with the hands coming high above the head.*
24. Jump to F, landing in a right X stance facing F while executing a low-section, right closed X block to F.
25. Move the left foot back to H, forming a right front stance to F while executing a high section, double open forearm block to F.
26. Execute a high-section, left front kick to F, then lower the left foot next to the right foot and execute a middle-section, right spin-side kick to F. Lower the right foot to F, forming a right back stance to H while executing a high section, left double knife-hand guarding block to H.
27. Move the right foot to H, forming a right front stance while executing a high section, right spear finger strike to H.
28. Move the left foot forward to the right foot, forming a closed upright stance to H while executing a double down block to A and B. *This should be done in slow motion with the hands coming high above the head.*
29. Jump to H, landing in a left X stance while executing a low-section, left closed X block to H.
30. Move the right foot back to F, forming a left front stance to H while executing a high section, open forearm block to H.
31. Execute a high section right front kick to H, then lower the right foot next to the left foot and execute a middle-section, left spin-side kick to H. Lower the left foot to H, forming a left back stance to F while executing a high-section, right double knife-hand guarding block to F.
32. Move the left foot to H, forming a left front stance while executing a high section, left spear finger strike to F.

33. Move the right foot forward to the left foot, forming a closed upright ready stance B, facing toward F. *This should be done in slow motion.*
34. Move the left foot to A, forming a horse-riding stance, to D while executing a high section right back-fist strike to H and a left down-block to D. *Kihap!*
35. Move the right foot to A, forming a right X stance to D while executing a low section right closed X block to D.
36. Execute a high-section left open hand X block to D.
37. Move the left foot to A, forming a right back stance while executing a low section left reverse knife-hand block to A.
38. Shift to form a left back stance to B while executing a high section right double forearm guarding block to B.
39. Pull the left foot up to the right knee forming a right single-leg stance while executing a high section, right double fist rising strike to B while turning to face A.
40. Execute a low section, left side kick to A, then lower the left foot to A, forming a horse-riding stance to D while executing a high section left knife-hand strike to A.
41. Execute a middle section, right hooking punch to A. *The forearm should be in front of the patches.*
42. Move the left foot to A, forming a right front stance on line A/B while executing a high-section, left forearm front block to D.
43. Execute a high section, left front kick to D, then lower the left foot to A, forming a horse-riding stance to D while executing a middle section, right front punch to D.
44. Move the right foot to B, forming a left front stance on line A/B while executing a high-section, right forearm front block to D.
45. Execute a high section, right front kick to D, then lower the right foot to B, forming a horse-riding stance to D while executing a middle section left front punch to D.
46. Execute a right double forearm front block to D. *The right hand circles low and ends at shoulder level, the left hand circles high and ends in front of the left knee.*
47. Execute a left, double forearm front block to D. *The left hand circles low and ends at shoulder level, the right hand circles high and ends in front of the right knee.*
48. Execute a high section, double open forearm block to D.
49. Execute a middle-section, left reverse elbow strike to C, supporting the left fore fist with the right palm.
50. Execute a middle-section, left front punch to D. The right palm should rest over the left elbow.

51. Execute a middle section, right reverse elbow strike to C, supporting the right fore fist with the left palm.
52. Execute a middle-section, double side punch to A.
53. Move the right foot to A, forming a right X-stance to D while executing a low section left inside down block to D, grabbing the left wrist with the right fore-fingers.
54. Move the left foot to A, forming a right back stance to A while executing a high section, left inside reverse knife-hand strike to A. *This should be done in slow motion.*
55. Execute a high-section, right palm-heel strike to A. *This should be done in slow motion.*
56. Execute a middle-section, left side kick to A, then lower the left foot to A and slowly move the right foot to the left foot, forming a closed upright stance to E while executing a double down block to A and B. *This should be done in slow motion with the hands coming high above the head.*
57. Jump to E, forming a left X-stance while executing a low section, left closed X block to E.
58. Move the right foot to G, forming a left front stance to E while executing a high section, double open forearm block to E.
59. Execute a high section, right front kick to E, then lower the right foot next 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 to G while executing a high section, right double knife-hand guarding block to G.
60. Move the left foot to G, forming a left front stance while executing a high section, left spear finger strike to G.
61. Move the right foot to the left foot, forming a closed upright stance to G while executing a double down block to A and B. *This should be done in slow motion with the hands coming high above the head.*
62. Jump to G, forming a right X stance while executing a low-section, right closed X block to G.
63. Move the left foot back to E, forming a right front stance to G while executing a high section, double open forearm block to G.
64. Execute a high section, left front kick to G, then lower the left foot next to the right foot and execute a middle section, right spin side kick to G. Lower the right foot to G, forming a right back stance to E while executing a high-section left double knife-hand guarding block to E.

65. Move the right foot to E, forming a right front stance while executing a high section, right spear-finger strike to E.
 66. Move the left foot to the right foot, forming a closed upright ready stance B, facing toward E. *This should be done in slow motion.*
 67. Move the right foot to B, forming a horse-riding stance, to D while executing a high section, left back fist strike to G and a right down-block to D. *Kihap!*
 68. Move the left foot to B, forming a left X stance to D while executing a low section, left closed X block to D.
 69. Execute a high-right open hand X block to D.
 70. Move the right foot to B, forming a left back stance while executing a low section, right reverse knife-hand block to B.
- End: Bring the left foot back, forming open heaven hand ready stance.*



Self Defense

7 Shoulder grab from behind.

7.1 Hand Techniques

- 7.1.1 Spin elbow to head.
- 7.1.2 Spin knife-hand to head
- 7.1.3 Back fist to groin

7.2 Foot Techniques

- 7.2.1 Back kick to groin
- 7.2.2 Back kick to knee
- 7.2.3 Stomp kick to instep.

7.3 Joint Locks

- 7.3.1 Grab their hand with your opposite side hand, turn inside and execute arc hand strike to the throat.
- 7.3.2 Turning to the outside bring your same side arm up and around their arm creating an arm bar with your hand on their shoulder.

7.4 Take Downs

- 7.4.1 Grab their hand with your opposite side hand, turn inside and execute arc hand strike to the throat while sweeping the foot.
- 7.4.2 Turning to the outside bring your same side arm up and around their arm creating an arm bar with your hand on their shoulder. Kick the back of the knee and drive them down.