



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 Ranks

2-D Gup Red/Brown Belt to 1-R Gup Brown Belt

Basic techniques: jump-spin heel kick, stomp kick

Three steps: number 16 - 24

One-steps: number 34 through 45

Self-Defense: 1.x.x - all same side techniques
2.x.x – all cross side techniques

Forms: Mie-Chu
Al-Jie

Knowledge: meaning of form Mie-Chu
Great Silla King
Was the 1st King in GM Kim's lineage

5 Physical Principals of Tae Kwon Do
Accuracy, Balance, Focus, Speed, Power

Types of Stretching
Static, Active, Dynamic

Elements of effective stretching
Slow, hold 8 count, don't jerk



Mie-Chu

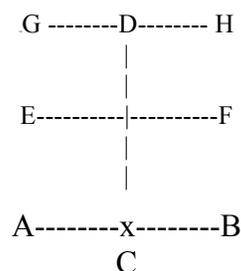
Joon-bie: Closed Ready Stance A

1. Move the left foot to A, forming a right back stance while executing a high section, left forearm block to A.
2. Execute a high-section, left front kick to A, then lower the left foot to A, forming a left front stance while executing a low section, right closed X block to A.
3. Execute a high section, double forearm open front block to A.
4. 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. Then execute a middle section, left front punch to A, and a high section, right front punch to A.
5. Move the right foot to B, forming a left back stance while executing a high section, right forearm block to B.
6. Execute a high-section, right front kick to B, then lower the right foot to B, forming a right front stance while executing a low section, left closed X block to B.
7. Execute a high section, double forearm open front block to B.
8. 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. Then execute a middle section, right front punch to B and a high section, left front punch to B.
9. Move the left foot to D, forming a left front stance while executing a low section, right closed X block to D.
10. Bring both fists back to right side of the belt, and execute a high section, double front punch to D.
11. 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 and a middle section, left front punch to D.
12. Move the left foot to the right foot, forming a closed stance to E while bringing the fists to each side of the belt. *Perform this move slowly.*
13. Execute a right stomping down kick to E, forming a horse-riding stance toward C while executing high section, double forearm mountain blocks to E and F.
14. Execute a middle section, left spin side kick to E, then lower the left foot to E, forming a right back stance while executing a high section, left double forearm guarding block to E.

15. Move the left foot to E, forming a left front stance while executing a double, palm-pressing block to E. *The left hand starts at left knee level; the right hand starts at shoulder level. Move both hands slowly so that the left hand ends at shoulder level and the right hand ends at knee level. Perform this move slowly.*
16. Execute a left stomping down kick to F, forming a horse-riding stance toward C while executing high section, double forearm mountain blocks to E and F.
17. Execute a middle section, right spin-side kick to F, then lower the right foot to F, forming a left back stance while executing a high section, right double forearm guarding block to F.
18. Move the right foot to F, forming a right front stance while executing a double, palm-pressing block to F. *The right hand starts at right knee level; the left hand starts at shoulder level. Move both hands slowly so that the right hand ends at shoulder level and the left hand ends at knee level. Perform this move slowly.*
19. Move the right foot to the left foot, then move the left foot to D, forming a right back stance while executing a left double forearm guarding down block to D.
20. Move the left foot to D, forming a left front stance while executing a high section, double spear finger strike to D, then *grabbing the back of your opponent's head.*
21. Execute a middle section, right knee strike while bringing both hands down toward the knee, then lower the right foot to D, forming a right front stance, while executing a high section, right spear finger strike to D, followed by a high section, left spear finger strike to D. *Kihap!*
22. Move the left foot to H, turning counterclockwise, and form a right back stance while executing a low section, left knife-hand strike to H, then execute a high section, left knife-hand strike to H.
23. Execute a high section, right round kick to H, then lower the right foot to the left foot while executing a middle section, left spin-side kick to H. Lower the left foot to H, forming a left back stance to G while executing a high section, right double forearm guarding block to G.
24. Execute a middle section, left spin side kick to G, then lower the left foot to G, forming a left back stance to H while executing a high section, right double forearm guarding block to H.
25. Move the right foot to G, turning clockwise, and form a left back stance while executing a low-section, right knife-hand strike to G, then execute a high section, right knife-hand strike to G.
26. Execute a high section, left round kick to G, then lower the left foot to the right foot while executing a middle section, right spin side kick to G. Lower the right foot to G, forming a right back stance to H while executing a high section, left double forearm guarding block to H.
27. Execute a middle section, right spin side kick to H, then lower the right foot to H, forming a right back stance while executing a high section, left double forearm guarding block to G.
28. Move the left foot to C, forming a right back stance while executing a double knife-hand guarding block to C.

29. Keeping the hands in position, execute a high section, left front kick to C, then lower the left foot to C, forming a left front stance while executing a high section, left spear finger strike to C.
30. Move the right foot to C, forming a left back stance while executing a double knife-hand guarding block to C.
31. Keeping the hands in position, 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 spear finger strike to C.
32. Move the right foot to D, forming a right back stance to C while executing a high section, right back fist strike to D and a low section, left down block to C.
33. Jump to C, *lifting both feet and turn 180 degrees in the air*, landing in a right cross stance, while executing a low section, right closed X block to F. *Kihap*.
34. Move the right foot to C, forming a right front stance while executing a high section, right double back-fist strike to C.
35. Move the left foot to A, turning counterclockwise, and form a right back stance while executing a low section, left double knife-hand guarding block to A.
36. Move the left foot to A, forming a left front stance while executing a high section, right forearm front block to A.
37. Execute a high section, right front kick to A, then lower the right foot back to B, forming a left front stance to A while executing a middle section, left front punch to A, followed by a middle section, right front punch to A.
38. Move the left foot to the right foot, then move the right foot to B, turning clockwise, forming a left back stance while executing a low section, double knife-hand guarding block to B.
39. Move to the right foot to B, forming a right front stance while executing a high section, left forearm front block to B.
40. Execute a high section, left front kick to B, then lower the left foot back to A, forming a right front stance to B while executing a middle section, right front punch to B, followed by a middle section, left front punch to B.

End: Move the right foot back to the left foot, forming closed ready stance A..



☯ 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.

☯ One-Step Sparring ☯

Red Belts – 2nd 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.

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 sidekick 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. 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 roundhouse kick to the face, jump back (right foot forward) and execute a left leg jump spin sidekick, followed by a right leg jump spin sidekick, both to the midsection.
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2. Self-Defense - Cross Hand Grab

2.1 Hand Techniques

- 2.1.1 Break grip (over opponents hand), same hand knife hand to neck.
- 2.1.2 Fingers to eyes
- 2.1.3 Palm heel to nose bridge
- 2.1.4 Palm heel to chin
- 2.1.5 Arc hand to Adam's apple
- 2.1.6 Arch hand to Adam's apple, then grab and rip it out.
- 2.1.7 Step to side and punch to kidney.
- 2.1.8 Break grip (over opponents hand), step in and back elbow strike to face.

2.2 Foot Techniques

- 2.2.1 Grab wrist and front kick
- 2.2.2 Grab wrist and side kick
- 2.2.3 Side kick to knee,
- 2.2.4 Side kick to shin
- 2.2.5 Stomp to instep.
- 2.2.6 Grab wrist, step to the side and round kick
- 2.2.7 Pull back and slide back – spin side kick
- 2.2.8 Pull back and slide back – hop side kick

2.3 Joint Locks

- 2.3.1 Hand to outside, twist and push down elbow.
- 2.3.2 Twist wrist on inside, grab wrist with both hand, pressure down on wrist.
- 2.3.3 Twist hand to outside, put both hands on wrist, apply pressure back and down.
- 2.3.4 Grab wrist, bring elbow over shoulder 180 degrees.
- 2.3.5 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.
- 2.3.6 Grab wrist with grabbed hand step behind and choke with free hand.

2.4 Cross side – take down

- 2.4.1 Hand to outside, twist and push down elbow until person is on the ground.
- 2.4.2 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.
- 2.4.3 Twist hand outside, re-grip opponent's hand and pull down as you step back. Put pressure down with free hand.
- 2.4.4 Grab wrist with free hand. Spin to outside, keeping shoulder close to opponent. Bring arm overhead and back down behind opponent 360 degrees.
- 2.4.5 Strike inside of elbow with free the thumb of the free hand. 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. Sidekick to back of knee to take down.
- 2.4.6 Twist hand to the outside. Grab opponent's wrist with the grabbed hand. Slide behind opponent and choke neck. Step back and pull opponent down.
- 2.4.7 Grab wrist with free hand, break grip and leg sweep as striking shoulder.