



Kim's Tae Kwon Do

American Chung Do Kwan Tae Kwon Do

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

3R Dan Black Belt to 3D Dan Black Belt

Forms:	Moon-Moo and Sun-Duk <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 foot technique & flying side kick over a 3 person obstacle. Or with special permission from Grand Master Kim, one hand, one foot, and one jump kick.
Other:	Minimum 4 months and 40 classes (2.5/week) Must attend ACTA Black Belt/Instructor Seminars. Must assist at class at least 8 times <i>This must be a class that the instructors o.k.</i>
Knowledge:	meaning of form Moon-moo <i>Great King – Unified Korea</i> meaning of form Sun-Duk <i>Great Korean Queen in GM Kim's Lineage</i>

Moon-Moo

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. During King Munmu's reign there was relative peace on the peninsula and many temples and castles were built throughout Korea.

He was buried in an underwater tomb and his wish was to become a sea dragon in order to continue his efforts to defend Silla from the Japanese.

Sun-Douk - Korean Queen (632-647 AD)

Throughout Silla's early history, the throne had been occupied by rulers chosen from the Kim clan, a "hallowed-bone" lineage considered the highest social rank in the kingdom and from which all kings were chosen. That particular lineage ended however, with the passing of King Chin'young, who died without leaving a male heir. He chose his daughter to rule as Sun-duk Yowang, Queen Sun-duk, an act that marked a major departure from the practice of China's male-dominated hierarchy.

Queen Sun-duk displayed an unusually quick mind early in life and her intelligence greatly enhanced her ability to rule. The young woman took the throne in 632 as Silla's twenty-seventh monarch, the first of only three women to rule the Kingdom of Silla. Although her fifteen-year reign was marked by violent, almost continuous rebellions and fighting with the neighboring kingdoms of Koguryo and Paekche, she used her intelligence and wit to advantage and kept the kingdom together. She quickly established good relations with Tang China and introduced many Chinese customs in her court, including new fashions and dress styles, cultural innovations currently popular in China, and improvements in technology. Queen Sun-duk had a passionate interest in astronomy and presided over the construction of the Ch'omsongdae, the "Tower of the Moon and Stars." Built in the capital city of Kyongju in 634, it is considered the first astronomical observatory in East Asia and one of the oldest structures left from the Silla period.

The famous nine-tiered pagoda of Hwanguyongsa was built in her reign. She also personally sponsored and supported Hwarang-do, the "way of flowering youth," and sent many of the Hwarang warriors on expeditions to China to learn Chinese war tactics. Had it not been for the remarkable achievements of these young men, Tang China might have succeeded in conquering Silla in later years.



SUN-DOUK

Joon-bie: Closed ready stance A

1. Move the left foot to A, forming a left front stance while executing a left down block to A.
2. Execute a high section, right forearm front block to A.
3. Execute a high section, right front kick to A. Lower the right foot to the left foot, then execute a middle section, left side kick to A. Lower the left foot to A, forming a left back stance to B while executing a high section, right double forearm-guarding block to B.
4. Execute a high section, left round kick to B. Lower the left foot to B, forming a left front stance while executing a middle section, right reverse punch to B.
5. Move the right foot to B, forming a right front stance while executing a right down block to B.
6. Execute a high section, left forearm front block to B.
7. Execute a high section, left front kick to B. Lower the left foot to the right foot and execute a middle section, right side kick to B. Lower the right foot to B, forming a right back stance to A while executing a high section, left double forearm-guarding block to A.
8. Execute a high section, right round kick to A. Lower the right foot to A, forming a right front stance while executing a middle section, left reverse punch to A.
9. Move the left foot to the right foot then pick up the right foot, forming a left single leg stance while executing a high section, right double forearm-guarding block to D.
10. Execute a middle section, right side kick to D, then lower the right foot to D and execute a high section, left round kick to D. Then lower the left foot to D and execute a high section, right round kick to D. Lower the right foot to D, then move the left foot to E, forming a left front stance while executing a high section, left rising block to E.
11. Execute a high section, double palm pressing block to D. *The hands move from the left shoulder to the right. Do this move slowly.*
12. Bring the left foot up, forming a right single leg stance to E while executing a high section, left double forearm guarding block 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 middle section right front elbow strike to E. *Right elbow strikes the left palm.*

14. Move the left foot to the right foot and move the right foot to F, turning clockwise and forming a right front stance while executing a high section, right rising block to F.
15. Execute a high section, double palm pressing block to D. *The hands move from the right shoulder to the left, Do this move slowly.*
16. Bring the right foot up, forming a left single leg stance to F while executing a high section, right double forearm guarding block to F.
17. Execute a middle section right side kick to F. Lower the right foot to F, forming a right front stance while executing a middle section, left front elbow strike to F. *Left elbow strikes the right palm.*
18. Move the right foot to the left foot, forming an upright stance to D while executing a double down block to E and F. *Hands should rise above the head and down, crossing at the solarplexus. Do this move slowly.*
19. Move the right foot to D, then move the left foot, jumping, to D and bring the right foot to the left foot, forming a left cross stance while executing a low section, left closed X block to D.
20. Execute a high section, right open hand X block to D. *Execute moves 19 and 20 quickly.*
21. Move the right foot to D, forming a right front stance while executing a high section, double palm-heel strike to D. *Kihap!*
22. Move the left foot to the right foot, turning counterclockwise, and lower your body while executing a low section, left reverse down block to C and H. Then move the left foot to H, forming a right back stance while executing a high section, left inside forearm block to H, blocking from left to right.
23. Execute a high section right front kick to H. Lower the right foot to H, forming a left back stance while executing a middle section, right side punch to H.
24. Execute a middle section, right side kick to H. Lower the right foot next to the left foot and move the left foot back to G, forming a left back stance while executing a right high section, knife-hand block to H.
25. Move the right foot to the left foot, turning clockwise, and lower your body while executing a low section, right reverse down block to C and G. Then move the right foot to G, forming a left back stance while executing a high section right inside forearm block to G, blocking from right to left.
26. Execute a high section left front kick to G. Lower the left foot to G, forming a right back stance while executing a middle section, left side punch to G.

27. Execute a middle section, left side kick to G. Lower the left foot next to the right foot and move the right foot back to H, forming a right back stance while executing a high section, left knife-hand block to G.
28. Pick up the left leg, forming a right single leg stance to C while executing a high section, left double forearm guarding block to C.
29. Execute a middle section, left side kick to C. Lower the left foot to C and execute a high section right round kick to C. Then lower the right foot to C and execute a high section, left round kick to C. Execute a left stomping down kick to C, and bring the right foot behind the left foot, forming a left cross stance while executing a high section, left back fist strike to C. *The right forefingers should support the left back fist.*
30. Move the right foot to F, forming a horse-riding stance to C while executing a middle section, right front punch to C. *Perform in slow motion.*
31. Execute a high section, left back fist strike to C. *The left elbow rests on the right back fist.*
32. Execute a high section, right front kick to C. Lower the right foot back to where it was, forming a horse-riding stance while executing a middle section, right front punch to C.
33. Move the right foot to the left foot and step the left foot to E, forming a horse-riding stance to C while executing a middle section, left front punch to C. *Perform in slow motion.*
34. Execute a high section, right back fist strike to C. *The right elbow rests on the left back fist.*
35. Execute a high section, left front kick to C. Lower the left foot back to where it was, forming a horse-riding stance while executing a middle section, left front punch to C.
36. Move the left foot back to D, forming a right front stance to C while executing a right double palm-pressing block to C. *The right hand starts at knee level, the left at shoulder level.*
37. Execute a high section right back fist strike to C (*strike the left fore-fingers with the right wrist*), forming a right single leg stance while striking the back of the right knee with the left instep.
38. Lower the left foot to C, forming a left back stance to D while executing a middle section, left reverse elbow strike to C.
39. Move the right foot to C, forming a right back stance to D while executing a middle section, right reverse elbow strike to C.
40. Move the left foot to C, forming a left back stance to D while executing a middle section, left reverse elbow strike to C. *Kihap!*
41. Move the right foot to B, forming a right front stance while executing a low section, left palm-heel down strike to B.

42. Move the right foot to the left, then move the left foot to A, forming a left front stance while executing a low section right palm-heel down strike to A. *Kihap!*

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

