



Kim's Tae Kwon Do

American Chung Do Kwan Tae Kwon Do Association

A.C.T.A. MN
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Requirements for Ranks

3 Gup Dark Blue Belt to 2 Gup Red Belt

Basic techniques: hook kick, rising palm block

Three steps: number 1 through 15

One-steps: number 34 through 41

Self-Defense: 1.1.1 – 1.1.8 - all same side hand techniques
1.2.1 – 1.2.8 - all same side foot techniques
1.3.1 – 1.3.6 – all same side joint locks
1.4.1 – 1.4.8 – all same side take downs

Form: Al-Jie

Knowledge: meaning of form Al-Jie

The 1st Ancestor of Grand Master In Mook Kim.

Was found in a golden box by a Silla King and rose to high station in the Silla Kingdom.

When was TKD founded?

1955

When was Kim's TKD founded?

1970

When was ACTA founded?

1976



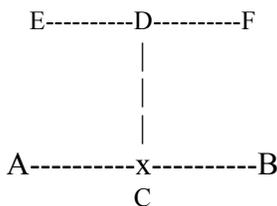
Al Jie

Joon-bie: Closed Ready Stance B.

1. Move the left foot to A, forming a right back stance while executing a high section, left reverse knife-hand block to A.
2. Execute a high section, left front kick to A (*keeping the position of the hands as they were in #1*), then lower the left foot to A and execute a high section, right round kick to A. Then lower the right foot to A, forming a left back stance while executing a low section, right knife-hand strike to A followed by a high section, right knife-hand strike to A.
3. Move the right foot to B, turning clockwise, forming a left back stance while executing a high section, right reverse knife-hand block to B.
4. Execute a high section, right front kick to B (*keeping the position of the hands as they were in #3*), then lower the right foot to B, and execute a high section, left round kick to B. Then lower the left foot to B, forming a right back stance while executing a low section, left knife-hand strike to B, followed by a high section, left knife-hand strike to B.
5. Move the left foot to D, forming a right back stance while executing a high section, left double knife-hand guarding block to D.
6. Move the left foot to D, forming a left front stance while executing a high section right rising elbow strike to D.
7. Execute a middle section, right side kick to D, then lower the right foot to D, forming a left back stance while executing a high section, right double knife-hand guarding block to D.
8. Move the right foot to D, forming a right front stance while executing a high section left rising elbow strike to D.
9. Execute a middle section, left side kick to D, then lower the left foot to D, forming a left front stance while executing a high section, double front punch to D.
10. Execute a high section, right front kick to D, then lower the right foot to D, forming a right front stance while executing a low section, double upset punch to D. *Kihap!*
11. Move the right foot across line C/D, turning counterclockwise and form a left front stance to C while executing a high section right closed X block to C with the left hand outside of right hand.
12. Move the left foot to F, forming a right back stance while executing a high section left back fist strike to F.
13. Pull the left hand back to the right side and execute a high-section, right reverse punch to F.
14. Execute a high-section right round kick to F, then lower the right foot to F, forming a left back stance to F while executing a low section right knife-hand strike to F, then execute a high section right knife-hand strike to F.

15. Move the right foot to E, turning clockwise, forming a left back stance while executing a high section, right back fist strike to E.
16. Pull the right hand back to the left side and execute a high section, left reverse punch to E.
17. Execute a high section left round kick to E, then lower the left foot to E, forming a right back stance while executing a low section left knife-hand strike to E, then execute a high section, left knife-hand strike to E.
18. Move the left foot toward C, forming a left front stance while executing a left double back fist strike to C.
19. Pull the left foot back, forming a right back stance to C while executing a middle section, left side punch to C.
20. Execute a middle section, right side kick to C, then lower the right foot to C, forming a right front stance while executing a right double back fist strike to C.
21. Pull the right foot back, forming a left back stance to C while executing a middle section, right side punch to C.
22. Execute a middle section, left side kick to C, then lower the left foot to C, forming a right back stance while executing a high section left double forearm guarding block to C.
23. Move the left foot to C, forming a left front stance, while executing a left, double palm-pressing block. *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. Do this move slowly.*
24. Execute a high-section, double forearm open front block to C.
25. Execute a high-section right front kick to C, then lower the right foot to C forming a right front stance while executing a middle section right front punch to C followed by a middle section, left front punch to C. *Kihap!*
26. Move the left foot to the right foot, forming a closed upright stance to B while executing a high section, right hooking punch to D. *This move should be done slowly.*
27. Move the right foot to B, forming a left back stance while executing a left double pole block to B.
28. Move the right foot to the left foot, then move the left foot to A, forming a right back stance while executing a right, double pole block to A.

End: Bring the left foot back to the right foot, forming closed ready stance B.



☯One-Step Sparring☯

Blue Belts 3rd 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.

38. Step back with the right foot into a fighting stance. After the 3rd block, execute a right foot 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). Step back with the right foot into a back stance as you block opponent's hand with your left hand. Execute a right leg round house kick to the face. Step back with the right leg, execute a right spin heel kick to the face.
39. Same as #38, but add a left hand punch and a right hand punch to the face before right leg roundhouse kick. After the round kick step back with the right leg and execute a right jump spin heel kick to the face.
40. Step back to a right-side back stance first, as you execute knife hand blocks. Then move your right foot to the outside of their left into a sitting stance and strike with elbow to the mid-section (w/right elbow) then execute a reverse elbow with left arm (clockwise.) Step away from your opponent, moving your right foot back into a back stance, and throw a right foot roundhouse kick to the face. Slide back and execute a left leg jump spin side kick.
41. Step back to a right-side back stance as you execute knife hand blocks. After the 3rd block, slide the left foot into a front stance and strike right hand punch (mid-section), then palm strike. Step back to back stance (w/left foot) and execute a left foot spin side kick. Slide back and execute a right leg jump spin side kick.

☯ Three-Step Sparring ☯

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

1. After the 3rd knife hand block, execute a right middle-section front punch as you move into a left-side front stance.
4. After the 3rd crossing palm block, step to the left (45 degrees) into a horse-riding stance while you execute a left palm block, then execute a right middle-section front punch, and execute a left middle section front punch, then execute a high section front punch.
7. After the 3rd knife hand block, step out to the right with the right foot and bring the left foot together (facing your partner), then execute a right front kick and a right middle section punch as you step into a horse riding stance, then execute a left middle section front punch and a right high section front punch.
8. After the 3rd knife hand block, step back with the left foot into left back stance. Execute a left front kick to the opponents' wrist, then execute a right foot sidekick to the middle section.
11. After the 3rd knife hand block, execute a right foot sidekick to the middle section. After the sidekick step into a back stance (outside of your partner) and execute a right side knife hand to the middle section then execute a knife hand strike to the high section (neck).
12. After the 3rd knife hand block, step forward with the right foot to form a front stance while executing a right elbow strike to the solar-plex.
13. After the 3rd knife hand block, lunge with the left foot to form a front stance while executing a right front punch to the mid-section. *The left hand should remain in blocking position.* Pull the right hand back to the belt, then execute a right hand palm-heel strike to the upper lip.
14. After the 3rd block, step back with the left leg into a fighting stance. Execute a left leg crescent kick to block the hand. Bring the left leg down to form a fighting stance. Execute a right leg round kick to the face.
15. After the 3rd block, step back with the left leg into a fighting stance. Execute a left leg spin-sidekick to the solar plex. Bring the left leg down to form a fighting stance.

Self Defense

1. Same Hand Grab

1.1. Hand Techniques

- 1.1.1. Break grip, same hand knife hand to neck.
- 1.1.2. Fingers to eyes
- 1.1.3. Palm heel to nose bridge
- 1.1.4. Palm heel to chin
- 1.1.5. Arc hand to Adam's apple
- 1.1.6. Arc hand to Adam's apple, then grab and rip it out.
- 1.1.7. Punch to solar plexus.
- 1.1.8. Elbow to face (jaw)

1.2. Foot Techniques

- 1.2.1. Front kick to groin
- 1.2.2. Grab wrist, sidekick to mid-section.
- 1.2.3. Grab wrist, sidekick to knee.
- 1.2.4. Grab wrist, side-kick to shin
- 1.2.5. Grab wrist, stomp kick to instep.
- 1.2.6. Grab wrist, step to side, round kick. (solar plexus)
- 1.2.7. Break away, spin sidekick to mid-section.
- 1.2.8. Break away; slide back and hop sidekick to mid-section.

1.3. Joint locks

- 1.3.1. 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.
- 1.3.2. Twist hand to inside, thumb on back of hand, break grip and use both hands. Apply pressure down and to outside.
- 1.3.3. Twist hand to the outside, grab the back of the hand, continue twisting in the same direction, and apply pressure down on the wrist.
- 1.3.4. Grab wrist with free hand. Bring arm up and break elbow over shoulder.
- 1.3.5. With free hand, strike thumb to inside of opponents elbow. Step forward and under the arm, turn behind opponent and apply arm lock behind back.
- 1.3.6. 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.

1.4. Take downs

- 1.4.1. 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.
- 1.4.2. 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.
- 1.4.3. 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.
- 1.4.4. Grab wrist with free hand. Spin to outside 360 degrees, keeping shoulder close to opponent. Bring arm overhead and back down behind opponent.
- 1.4.5. With free hand, strike thumb to inside of opponents elbow. Step forward and under the arm, turn behind opponent and apply arm lock behind back. Kick back of knee to take down.
- 1.4.6. 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
- 1.4.7. Leg sweep as striking shoulder (grabbing hand)
- 1.4.8. 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.