



Kim's Tae Kwon Do

American Chung Do Kwan Tae Kwon Do Association

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Requirements for Ranks

4 Gup Light-Blue Belt to 3 Gup Dark-Blue Belt

Basic techniques: jump spin side-kick
Three steps: number 1 through 15
One-steps: number 34 through 37
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: Won-Kwang

Knowledge: Meaning of form Won-Kwang



A Buddhist monk, and one of the early teachers of the Hwa Rang Do. Noted for giving the Hwa Rang Do their code of honor.

Five elements of Power

Speed

Focus

Action-Reaction

Balance

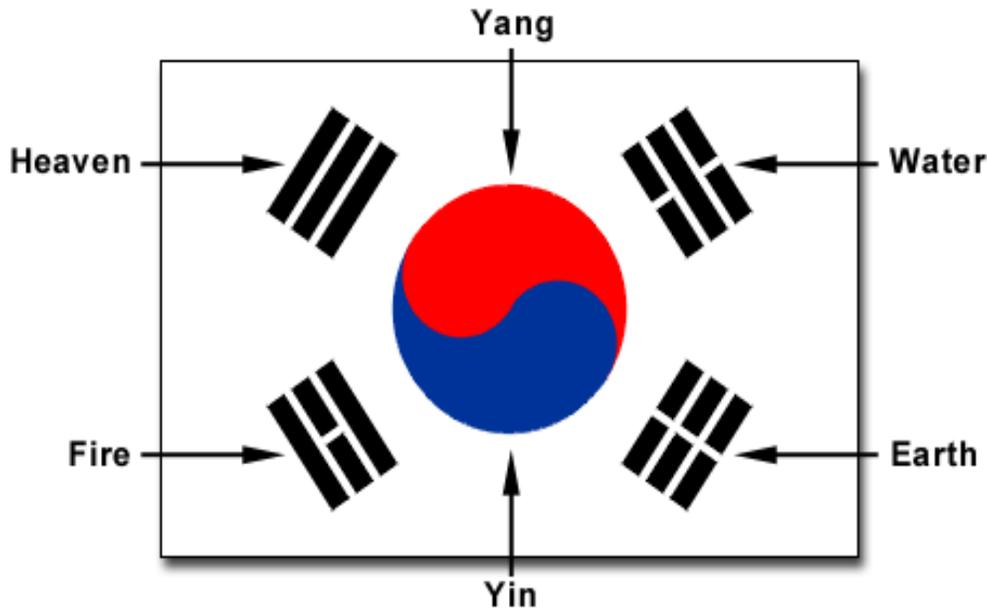
Breath Control

Meaning of Korean Flag

Center: *Yin & Yang - all opposing forces are equal and needed for true harmony*

(fire/water, dark/light, good/evil, etc)

Bars around the Yin-Yang: *heaven, earth, water & fire*



The Korean National Flag is very philosophical. The origin comes from the oriental philosophy called Enm-Yang (Yin-Yang in Chinese). In Korea the symbol of Yin and Yang, and sometimes the flag itself, is called Taeguk and summarizes the thoughts of Yeok ("I Ching" in Chinese). The name means the flag of "Great Extremes."

The white background represents purity and peace.

The upper red section is called the Yang and the lower blue section is called the Um or, more commonly known, Yin.

The Yin Yang is the ancient symbol of the creation of the universe and shows the differences between day and night, hot and cold, good and evil, etc. It is a representation of opposites and also a representation of how all parts are needed in order to be whole.

The tri-grams located in each corner of the flag represent the concepts of opposites and balance.



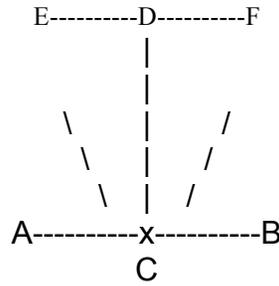
Won-Kwang

Joon-bie: Closed Ready Stance B

1. Move the left foot to A forming a horse-riding stance while executing a middle section, left front punch toward D. *Do this move slowly.*
2. Execute a middle section, right front punch to D, then execute a middle section, left, front punch to D.
3. Raise the left foot, forming a right single-leg stance while executing a left double forearm guarding block to A.
4. Execute a middle section, left side kick to A, then lower the left leg to A, forming a right back stance while executing a middle section, right reverse front punch to A.
5. Move the left foot to the right foot, then move the right foot to B, forming a horse-riding stance while executing a middle section, right front punch to D. *Do this move slowly.*
6. Execute a middle section, left front punch to D, then execute a middle section, right front punch to D.
7. Raise the right foot, forming a left single-leg stance, while executing a right double forearm guarding block to B.
8. Execute a middle section, right side kick to B, then lower the right leg to B, forming a left back stance while executing a middle section, left reverse front punch to B.
9. Move the right foot to the left foot, then move the left foot to CE, forming a left front stance while executing a high section, left forearm front block to CE.
10. Execute a high section, right front kick to CE, then lower the right foot to CE, forming a right front stance while executing a middle section, right front punch to CE, then execute a middle section, left front punch to CE, and a high section, right front punch to CE.
11. Move the right foot to CF, forming a right front stance while executing a high section, right forearm front block to CF.
12. Execute a high section, left front kick to CF, then lower the left foot to CF, forming a left front stance while executing a middle section, left front punch to CF, then execute a middle section, right front punch to CF, and a high section, left front punch to CF.
13. Move the left foot to D, forming a left front stance while executing a high section, left knife-hand front block to D. *This should be performed slowly.*
14. Execute a high section, right knife-hand front block to D.

15. Execute a high section, right front kick to D while pulling down the right fist, then lower the right foot to D, forming a right front stance while executing a middle section, left reverse front punch to D.
16. Execute a high section, right knife-hand front block to D. *This should be performed slowly.*
17. Execute a high section, left knife-hand front block to D.
18. Execute a high section, left front kick to D while pulling down the left fist, then lower the left foot to D, forming a left front stance while executing a middle section, right reverse punch to D.
19. 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 spear finger strike to D, *with the right elbow resting on the left open back hand. Kihap!*
20. Raise the left foot, forming a right single-leg stance to D while executing a left double forearm guarding block to D.
21. Execute a middle section, left side kick to D, then lower the left foot to D, forming a left front stance while executing a middle section, right front elbow strike to D, striking the left palm.
22. Turn clockwise to C, raising the right foot, forming a left single-leg stance to C, while executing a right double forearm guarding block to C.
23. Execute a middle section, right side kick to C, then lower the right foot to C, forming a right front stance while executing a middle section, left front elbow strike to C, striking the right palm.
24. Move the left foot to F, forming a right back stance while executing a high section, left double knife-hand square block to F.
25. Execute a high-section, right front kick to F, then lower the right foot to F, forming a right front stance while executing a middle section, right spear finger strike to F, with the right elbow resting on the left open back hand.
26. Move the right foot to E, turning clockwise and forming a left back stance while executing a high section, right double knife-hand square block to E.
27. Execute a high-section, left front kick to E, then lower the left foot to E forming a left front stance while executing a middle section, left spear finger strike to E with the left elbow resting on the right open back hand.
28. Move the left foot to C, forming a left front stance while executing a high section, left outside forearm front block to C.
29. Execute a middle section, right front punch to C.
30. 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 outside forearm front block to C.
31. Execute a middle section, left front punch to C.
32. Execute a high section, left front kick to C, then lower the left foot to C, forming a left front stance while executing a middle section, right front punch to C.

33. Jump to C, forming a right X-stance while executing a high section, right back fist strike to C. *Kihap!*
 34. Move the left foot to A, turning counterclockwise, forming a left front stance while executing a left double back fist strike to A.
 35. Move the left foot to the right foot, then move the right foot to B, forming a right front stance while executing a right double back fist strike to B.
- End: Bring the right foot back to the left foot, forming closed ready stance B.*



☯ 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.

One-Steps

34. Step back with a knife-hand block. Execute a right middle-section front punch as you move into a left-side front stance, now step back with the left foot into a left foot back stance and execute a left foot spin side kick. Then jump straight back and execute a high section jump side-kick with the left foot.
35. 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). Execute a right leg spin heel kick to the face.
36. 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. Execute a right leg jump roundhouse kick to the face.
37. Step back with the left foot into a back stance with a knife hand block. Execute a left front kick to the opponent's wrist then execute a right foot side kick to the middle section, then step back with the same foot (right foot, turn counter-clockwise) into a back stance and throw a spin side kick to the mid-section (turning clockwise). After the spin side kick, slide back and execute a hop side kick with the right foot.

Self Defense Techniques

Explanation of ACTA Self Defense numbering system.

- 1.x.x = Single hand grab – same side of the body (*assumes right hand is being grabbed*)
2.x.x = single hand grab – cross hand grab. 3.x.x = two hand grab
x.1.x = hand counter technique 4.x.x = shoulder grab
x.2.x = foot counter technique
K.1.x = Knife attack / hand counter technique

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.