



# 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](http://www.tae-kwon-do.org)

## Requirements for Rank

### 6 Gup Light-Green Belt to 5 Gup Dark-Green Belt

Basic techniques: back fist strike, crossing block, spear hand

One-steps: numbers 16 – 27

Self-Defense: 1.1.1 – 1.1.8 - all same side hand techniques  
1.2.1 – 1.2.8 - all same side foot techniques  
1.2.1 – 1.2.6 – all same side joint locks

Form: Shilla

Knowledge: Meaning of form Shilla  
*Ancient Kingdom of Korea (57 B.C. – 935 A.D.)  
Unified the Korean peninsula into one country.*



Meaning of Chung Do Kwan  
*Blue Wave School*

Meaning of the ACTA badge  
*Shield represents defense  
Eagle represents America  
White represents purity & peace  
Blue represents loyalty & wisdom  
Red represents fearlessness & strength*



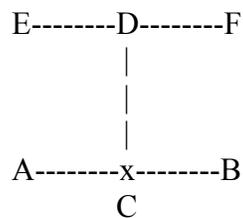
## ***Shilla (Sin Ra)***

*Joon-bie: Open Ready Stance C*

1. Move the left foot to A, forming a left front stance while executing a high section, left outside front forearm block to A.
2. Execute a high section, right front kick to A, then lower the right foot to A, forming a right front stance while executing a high section, right front punch to A, followed by a high section, left front punch to A, and a high section, right front punch, to A.
3. Step the right foot back toward B, forming a left front stance facing to A while executing a middle section, left front punch to A.
4. Move the left foot in to the right foot, then move right foot, turning clockwise, to B, forming a right front stance while executing a high section, right outside forearm front block to B.
5. Execute a high section, left front kick to B, then lower the left foot to B, forming a left front stance while executing a high section, left front punch to B, followed by a high section, right front punch to B, and a high section, left front punch to B.
6. Step the left foot back toward A, forming a right front stance facing to B while executing a middle section, right front punch to B.
7. Move the right foot in to the left foot, then move the left foot to D, forming a right back stance to D while executing a high section, left double forearm guarding block to D.
8. Execute a high section, right front kick to D, then lower the right foot to D and execute a middle section, left side kick to D. Then lower the left foot to D, forming a right back stance to D while executing a high section, left double forearm guarding block to D.
9. Execute high section, right front kick to D, then lower the right foot to D and execute a high section, left round kick to D. *Kihap!* Then lower the left foot to D, forming a right back stance while executing a left, double forearm guarding block to D.
10. Move the right foot to E, turning clockwise, forming a right front stance while executing a high section, right outside forearm block to E.
11. Execute a high section, left front kick to E, then lower the left foot to E, forming a left front stance while executing a high section, left front punch to E, followed by a high section, right front punch to E and a high section, left front punch to E.

12. Moving the left foot back toward F, forming a right front stance facing to E while executing a middle section, right front punch to E.
13. Move the right foot to the left foot, then move the left foot to F, turning counterclockwise, forming a left front stance while executing a high section, left outside forearm front block to F.
14. Execute a high section, right front kick to F, then lower the right foot to F, forming a right front stance while executing a high section, right front punch to F, followed by a high section, left front punch to F and a high section, right front punch to F.
15. Move your right foot back toward E, forming a left front stance facing to F while executing a middle section, left front punch to F.
16. Move the left foot in to the right foot, then move the right foot to C, forming a left back stance while executing a high section, right double forearm guarding block to C.
17. Execute a high section, left front kick to C, then lower the left foot to C and execute a middle section, right side kick to C. Lower the right foot to C, forming a left back stance while executing a high section, right double forearm guarding block to C.
18. Execute a high section, left front kick to C, then lower the left foot to C and execute a high section, right round kick to C. *Kihap!* Lower the right foot to C, forming a left back stance while executing a high section, right double forearm guarding block to C.
19. Move the left foot to A, turning counterclockwise, forming a right back stance while executing a high section, left knife-hand strike to A.
20. Move the left foot to A, forming a left front stance while executing a high section, right inverted knife-hand strike to A.
21. Move the left foot in to the right foot, then move the right foot to B, turning clockwise and forming a left back stance while executing a high section, right knife-hand strike to B.
22. Move the right foot to B, forming a right front stance while executing a high section, left inverted knife-hand strike to B.

*End: Bring the right foot back forming open ready stance C.*



## ☉ONE STEP SPARRING☉

### 6TH GRADE GREEN BELTS

16. Step back into a right-side back stance as you execute a left-side 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.
17. 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. 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. 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 same foot (right foot, turn counter-clockwise) into a back stance and throw a spin side kick to the mid-section (clockwise)
20. Step back with the right foot into a fighting stance. 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.
21. Same as #20, but add a left hand punch and a right hand punch to the face before right leg round house kick.
22. Left hand knife hand block as you step back into a back stance (w/right foot), then step into a sitting stance and strike with elbow to the mid-section (w/right elbow) plus reverse elbow with left arm (clockwise.) Now step forward with right foot back into a back stance, and throw a right foot roundhouse kick to the face,
23. Step back to a right-side back stance as you execute a left knife hand block, then step to the left into a front stance and strike right hand punch (mid-section), then palm strike. Now step back to back stance (w/left foot) and execute a left foot spin side kick.

24. 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 same right foot and execute a right foot spin crescent (or spin heel) kick.
25. Step back to left side back stance, execute a left foot spin side kick to the middle section, bring the feet together and throw a right foot round kick.
26. Step forward with the left foot into a back stance (inside your partner) while executing a left hand knife-hand strike. Grab your partner's shoulder with the same hand and throw a right hand punch to the mid-section. (punch while pulling the shoulder down).
27. Same as #26, plus after the punch jump back to sparring stance and throw a right leg round house kick to the face.

# Self Defense

## **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.

x.1.x = hand counter technique

x.2.x = foot counter technique

3.x.x = two hand grab

## **1.1 Same Hand – hand technique**

- 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 Arch hand to Adam's apple, then grab and rip it out.
- 1.1.7 Punch to solar plexus.
- 1.1.8 Elbow to face

## **1.2 Same hand – foot technique**

- 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, round kick.
- 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 Same side hand - 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.