



# 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

### 7 Gup Orange Belt to 6 Gup Green Belt

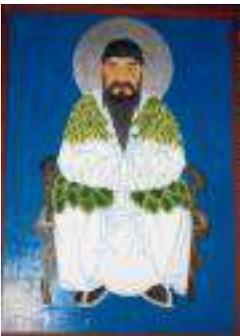
Basic techniques: jump front kick, spin-knife hand, hop sidekick, high section double forearm block

One steps: numbers (16) through (21)

Self Defense: same side hand grab – hand and foot techniques

Form: Dan-Goon

Knowledge: Meaning of form Dan-Goon



Dan Goon

*Legendary founder of Korea  
in the  
year 2,333 B.C.*

### Meaning of ACTA

*American ChungdoKwan  
TaeKwonDo Association*

### Three ACTA Tenets

*Obedience to parents and instructors  
Brotherhood among Members  
Devotion to justice for all.*



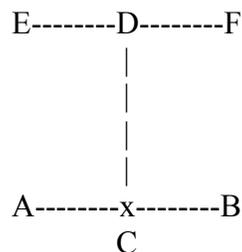
## ***Dan-Goon***

### **Joon-bie: Open Ready Stance C**

1. Move the left foot to A, forming a right back stance while executing a left double-knife-hand guarding block to A.
2. Execute a middle section, right side kick to A, then lower the right foot to A forming a left back stance while executing a high section, right double forearm guarding block to A.
3. Move the right foot to B, turning clockwise and forming a left back stance while executing a right double-knife-hand guarding block to B.
4. Execute a middle section, left side kick to B then lower the left foot into a right back stance while executing a high section, left double forearm guarding block to B.
5. Move the left foot to D forming a left front stance while executing a left down block to D, then execute a middle section, right reverse punch to D.
6. 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, left reverse punch to D.
7. Execute a high section, left front kick to D, then lower the left foot to D, forming a left front stance while executing a middle section, right reverse punch to D.
8. Execute a high section, right side kick to D. *Kihap!* Then lower the right foot to D forming a left back stance while executing a high section, right double forearm guarding block to D.
9. Move the left foot to F, turning counterclockwise, and forming a right back stance while executing a high section, left forearm square block to F.
10. Execute a middle section, right side kick to F, then lower the right foot into a left back stance while executing a high section, right double forearm guarding block to F.
11. Move the right foot to E, turning clockwise and forming a left back stance while executing a high section, left forearm square block to E.

12. Execute a middle section, left side kick to E, then lower the left foot into a right back stance while executing a high section, left double forearm guarding block to E.
13. Move the left foot to C forming a left front stance while executing a left down block to C, then execute a middle section, right reverse punch to C.
14. 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, left reverse punch to C.
15. 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 reverse punch to C.
16. Execute a high section, right side kick to C. *Kihap!* Then lower the right foot to C forming a left back stance while executing a high section, right double forearm guarding block to C.
17. Move the left foot to A, turning counterclockwise, and forming a right back stance to A while executing a low section, left knife-hand strike to A, followed by a high section, left knife-hand strike to A.
18. 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.
19. Move the right foot to B, turning clockwise, forming a left back stance while executing a low section, right knife-hand strike to B, followed by a high section, right knife-hand strike to B.
20. 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.

*End: Bring left foot back, forming open ready stance C.*



## ☉ONE STEP SPARRING☉

### 7TH GRADE ORANGE 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.

# Self-Defense

## **Explanation of ACTA Self Defense numbering system.**

1.x.x = Single hand grab – same side of the body (*assumes your 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

K.1.x = Knife attack / hand counter technique

K.2.x = Knife attach / foot 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.