



Kim's Tae Kwon Do

American Chung Do Kwan Tae Kwon Do Association

A.C.T.A. MN
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Requirements for Rank

8 Gup Yellow Belt to 7 Gup Orange Belt

Basic techniques: elbow strike, palm heel strike, crescent kick, knife-hand/reverse punch

One steps: numbers (1) through (15)

3-Kick Sparring: numbers (1) through (6)

Self-Defense same hand grab – hand techniques 1-8

Form: Jae-Sang

Knowledge: meaning of form Jae-Sang
Beginning a new life cycle. Rebirth.

Five Tenets of Tae Kwon Do

Courtesy

Integrity

Perseverance

Self Control

Indomitable Spirit



Five Tenets of Tae Kwon Do

1 예의 Courtesy (Ye Ui)

Being Polite and Respectful

The student's ability to respect oneself, as well as others. Respecting oneself includes obtaining proper nutrition, rest and physical exercise. Respecting others involves consistently demonstrating a gracious, just and helpful attitude and behavior toward other people.

2 염치 Integrity (Yom Chi)

Always Doing the Right Thing

The student's adherence to an honor code of behavior. The student strives to be honest with themselves and others in both thought and action. This approach enables the student to develop their strengths and minimize their weakness.

3 인내 Perseverance (In Nae)

Never Giving Up

The student holds steadfast to a course of action, belief, or purpose. This tenet governs the student's tenacity or ability to complete what is begun.

4 극기 Self Control (Guk Gi)

Being Master of One's Own Impulses

The student's capability to keep their emotions consistent and in balance over time. Developing this principle will permit the student to better live in harmony with self and their environment. "The term of stronger is the person who wins over oneself rather than someone else" - Lao Tzu.

5 백절불굴 Indomitable Spirit (Baekjul Boolgol)

Never Wanting to Give Up

The student freeing their spirit in a manner which enables them to achieve the greatest level of potential. This tenet also encourages the student to tirelessly pursue and stand firmly for the principles they hold to be true.

☉ONE STEP SPARRING☉

8TH GRADE YELLOW BELTS

1. Step back into a right-side back stance as you execute a left-side knife-hand block, then execute a right middle-section front punch as you move into a left-side front stance.
2. 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 to the ribs.
3. 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 punch.
4. 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.
5. Step out to the right with the right foot and bring the left foot together (as facing your partner), then execute a right front kick and a right middle section punch as you step into a horse riding stance.
6. 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.
7. 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. Step back with the left foot and make left foot back stance. Execute a left front kick to the opponents' wrist, then execute a right foot sidekick to the middle section.
9. Step back with the right foot into a back stance. Execute a right foot sidekick to the middle section. Land in a fighting stance.
10. Step back with the right foot into a back stance. 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.
11. Step back with the right foot into a back stance. 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. Step back with the right foot into a back stance while executing a left 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. Step back with the right foot into a back stance while executing a left knife-hand block. Move the left foot forward 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. 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. 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.

Basic Sparring Technique

Basic sparring simulates free sparring, where one student throws three kicks and the other student steps back and blocks three times.

	Attack	Block	Counter
1.	Front kick Front kick Side kick	Down Block Down Block Down Block	
2.	Front kick Side kick Round kick	Down Block Down Block Side Block	
3.	Front kick Round kick Round kick	Down Block Side Block Side Block	Reverse punch
4.	Round kick Round kick Spin-side kick	Side Block Side Block Down Block	Side kick
5.	Round kick Spin-side kick Round kick	Side Block Down Block Side Block	round kick
6.	Spin-side kick Front kick Side kick	Down Block Down Block Down Block	spin-side kick

1. Self-Defense - Same Hand Grab

1.1. Hand Techniques

- 1.1.1.1. Break grip, same hand knife hand to neck.
- 1.1.1.2. Fingers to eyes
- 1.1.1.3. Palm heel to nose bridge
- 1.1.1.4. Palm heel to chin
- 1.1.1.5. Arc hand to Adam's apple
- 1.1.1.6. Arc hand to Adam's apple, then grab and pull back
- 1.1.1.7. Punch to solar plexus.
- 1.1.1.8. Elbow to face (jaw)

Kim-Ra Do Forms



Jae-Sang

Joon-bie: Open Ready Stance C

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

12. 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.
 13. Move the left foot to C forming a left front stance while executing a left down block to C, then execute a high 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 high 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 high section, right reverse punch to C
 16. 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, left reverse punch to C. *Kihap!*
 17. Move the left foot to A, turning counterclockwise and forming a right back stance while executing a high section, double-knife-hand guarding block to A.
 18. Execute a right, high section, 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 and forming a left back stance while executing a high section, double-knife-hand guarding block to B.
 20. Execute a left, high section, front kick to B, then lower the left foot to B, forming a front stance while executing a high section, left front punch to B, followed by a execute a high section, right front punch to B and a high section, left front punch to B.
- End: Move the left foot back, forming open ready stance C.*

