



# Kim's Tae Kwon Do

A.C.T.A. MN  
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## American Chung Do Kwan Tae Kwon Do

### Requirement of Rank

#### 1D Dan Black Belt to 2R Dan Black Belt

<b>Form:</b>	Jin-Hoong & Kwan-Chang
<b>One Steps:</b>	All (1-49)
<b>Three Steps:</b>	All
<b>Self-Defense:</b>	1.x.x – All same side techniques 2.x.x – All cross side techniques 3.x.x – All 2 hand grab techniques 4.x.x – All shoulder grab techniques <b>5.x.x – All Lapel grab techniques</b> <b>6.x.x – All double shoulder grab techniques</b>
<b>Board Breaks:</b>	One hand technique & one jump kick. Must also work on advanced board breaks.
<b>Other:</b>	Minimum 18 months and 150 classes (2.5/week) Must be at least 11 years old to test. Must attend at least one ACTA Black Belt Seminar per year, plus the one prior to testing. Must be able to teach the first 3 forms and one steps 1-15. Should begin assisting with beginner classes. Should make every attempt to attend at least one Summer Camp. Attend 80% of Red/Brown/Black belt classes. Attend 2 tournaments
<b>Knowledge:</b>	meaning of forms Jin-Hoong & Kwan-Chang

#### ☺**Jin-Hoong**☺

Named after the 24<sup>th</sup> Silla King (540-576 AD) who was instrumental in the founding and the advancement of the Hwa Rang Do.

#### ☺**Kwan-Chang**☺

The name of a great warrior of the Silla Kingdom. He was the son of a great Silla General, was 2<sup>nd</sup> in command of the Hwa- Rang Do and fought against the Paekje. He was a martyr who died during battle at the hands of the Paekje general. His death caused the Silla forces to fight harder and they eventually won the battle and the war with Paekje.



## *Jin-Hoong*

*Joon-bie: Open heaven hand ready stance*

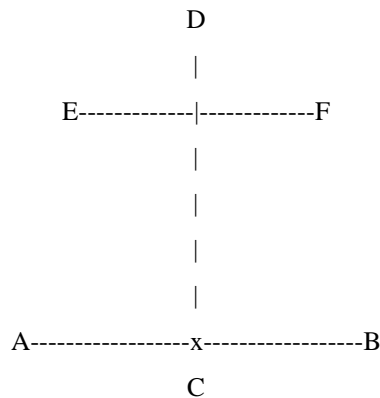
1. Stretch both hands upward while lifting your weight off of the left foot. Slowly move the hands in a circular motion down to waist level, bringing them together at the solar plexus. At the same time lower the left foot down next to the right foot, forming closed ready stance B. *The hands and foot should stop at the same time.*
2. Bring the hands into the solar plexus while remaining in the closed upright stance and execute a double pressing palm block to A and B. *This move should be done slowly.*
3. Slowly extend the left hand to D while bringing the right hand back to your belt, then move the left foot to D, forming a left front stance while executing a middle section, right upset punch to D. *This should be done in slow motion.*
4. Execute a middle section, right side kick to D then lower the right foot to D, forming a right front stance while executing a middle section, left upset punch to D. *This should be done in slow motion.*
5. Execute a middle section, left side kick to D, then lower the left foot to D in front of the right foot and move the right foot to D, forming a right front stance while executing a high-section, right knife-hand strike to D.
6. Execute a middle section, right side kick to D, then lower the right foot to C, forming a right back stance to D while executing a low section, left knife-hand strike to D, then execute a high section, left knife-hand strike to D.
7. Move the right foot in front of the left foot, then move the left foot to D, forming a left front stance while executing a high-section, left knife-hand strike to D.
8. Execute a middle-section, left side kick to D, then lower the left foot to C, forming a left back stance to D while executing a low section, right knife-hand strike to D, then execute a high-section, right knife-hand strike to D.
9. Execute a high-section, left round kick to D then lower the left foot to D, forming a right cat stance while executing a high section, double knife-hand guarding block to D.
10. Execute a high-section, right round kick to D, then lower the right foot to D, forming a left cat stance while executing a high section, double knife-hand guarding block to D.

11. Move the left foot to D, directly in front of the right foot, and move the right foot to D, forming a left front stance toward C while executing a low section, right closed X-block to C.
12. Execute a high section, left open X-block to C.
13. Move the left foot to F, forming a right back stance while executing a high section, left back fist strike to F.
14. Pull the left hand back to the right side, then move the left foot to F, forming a left front stance while executing a high section, right front punch to F.
15. Execute a high section, right round kick to F. Lower the right foot next to the left foot, and execute a middle section, left spin side kick to F. Lower the left foot to F, forming a left back stance to E while executing a high section, double knife-hand guarding block to E.
16. Move the left foot to E, forming a left front stance while executing a high section, left spear finger strike to E.
17. Move the right foot to E, forming a left back stance while executing a high section, right back fist strike to E.
18. Pull the right hand back to the left side then move the right foot to E, forming a right front stance while executing a high section, left front punch to E.
19. Execute a high section, left round kick to E. Then lower the left foot next to the right foot and execute a middle section, right spin side kick to E. Lower the right foot to E, forming a right back stance to F while executing a high section, double knife-hand guarding block to F.
20. Move the right foot to F, forming a right front stance while executing a high section, right spear finger strike to F.
21. Move the left foot to the right, forming a closed ready stance "D" facing toward C.
22. Bring the hands into the solar plexus while remaining in the closed upright stance and execute a double pressing palm block to E and F. *This move should be done slowly*
23. Move the left foot to C, forming a left front stance while executing a high section, right rising palm block to C. *Perform in slow motion.*
24. 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 rising palm block to C. *Perform in slow motion.*
25. Execute a high section, left front kick to C, then lower the left foot next to the right foot, forming a closed upright stance while executing a low section, double knife-hand block to C. *Both hands move upward then down in a circular motion striking together.*

26. Execute a low section, left side kick to F and a middle section, left side kick to F. Lower the left foot to F, forming a right back stance while executing a high section, right inverted knife-hand strike to F. *The left fist comes into the right shoulder.*
27. Move the left foot back to the right, forming a closed upright stance toward C while executing a high section, left outside fist strike to F.
28. Execute a low-section, right side kick to E, and a middle-section, right side kick to E. Lower the right foot to E, forming a left back stance while executing a high section, left inverted knife-hand strike to E. *The right fist comes into the left shoulder.*
29. Move the right foot back to the left, forming a closed upright stance to C while executing a high section, right outside fist strike to E.
30. Move the left foot to C, forming a left front stance while executing a double palm=pressing block. *The left hand starts at the left knee level; the right hand starts at right shoulder level. Both hands move at the same time over a three second count.*
31. Move the right foot toward C, forming a right front stance while executing a double palm-pressing block. *The right hand starts at right knee level; the left hand starts at left shoulder level. Both hands move at the same time over a three second count.*
32. Execute a right stomping down kick, forming a horse-riding stance while executing a high-section, right back fist strike to D. *Kihap!*
33. Execute a middle-section, right side kick to D, then lower the right foot to D, forming a right front stance while executing a high-section, right double back fist strike to D.
34. Move back to C with a right double-quick step and execute a double front forearm block to D, bringing the right hand up and the left hand down.
35. Execute a high-section, right spear finger strike to D. *Perform in slow motion.*
36. Execute a left stomping down kick to C, turning counterclockwise, and form a horse-riding stance while executing a high-section, left back fist strike to C.
37. Execute a middle section, left side kick to C, lower the left foot to C then step the right foot back toward D, forming a left front stance to C while executing a high section, left double back fist strike to C.
38. Move back to D with a left double-quick step and execute a double front block to C, bringing the left hand up and the right hand down.
39. Execute a high-section, left spear finger strike to C. *Perform in slow motion.*
40. Execute a high section, right front kick to C, then bringing the knee back to the chest, execute a right stomp kick, forming a right front stance to C while executing a high-section, double front punch to C.

41. Turn toward B and execute a high section, left front kick to B, then bringing the knee back to the chest, execute a left stomp kick, forming a left front stance to B, while executing a middle-section, double upset punch to B.
42. Execute a high-section, right front kick to B, then lower the right foot next to the left foot and execute a middle section, left spin side kick to B. Lower the left foot to B, forming a left back stance to A while executing a high-section, double knife-hand guarding block to A.
43. Move the left foot to A, forming a left front stance while executing a high section, left front punch to A.
44. Execute a high section, right front kick to A, then bringing the knee back to the chest, execute a right stomp kick, forming a right front stance to A while executing a middle-section, double upset punch to A.
45. Execute a high section, left front kick to A, then lower the left foot to the right foot and execute a middle section, right spin side kick to A. Lower the right foot to A, forming a right back stance to B while executing a high-section, double knife-hand guarding block to B.
46. Step the right foot to B, forming a right front stance while executing a high-section, right front punch to A. *Ki-hap!*

*End: Bring the left foot back forming open heaven hand ready stance.*



## ☯ Three-Step Sparring ☯

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

16. After third block, step back into a right back stance and execute a right middle-section front punch as you move into a left front stance, then step back with the left foot into a left back stance and execute a left spin side kick.
17. After third block, 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. After third block, 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. After third block, 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 right foot, (turn counter-clockwise) into a right back stance and execute a right spin side kick to the mid-section.
20. After the third block, execute a right 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) to the solar plexus. Step back with the right foot into a right back stance as you block opponent's hand with your left hand. Execute a right high section round kick.
21. After the third block, same as #20, but add a left punch and a right punch to the face before right round kick.
22. After the third block, move the right foot forward to form a right front stance while executing a right elbow strike to the mid-section, followed with a left spin-elbow to the mid-section. Move the right foot back (turning counter clockwise) forming a right back stance. Execute a right round kick to the high section.
23. After the third block, move the left foot, to form a left front stance and execute a right, middle-section punch, followed with a right, face section palm-heel strike. Move the left foot back, forming a left back stance and execute a left foot spin sidekick.
24. After the third block, move the left foot back forming a left back stance (fighting stance), execute a left foot crescent kick to block the opponent's hand (from inside to outside). Execute a right high section round kick. Move the right foot back, forming a right back stance, and execute a right high section spin heel kick.

25. After the third block, step back to left back stance, execute a left middle section spin sidekick, bring the feet together and execute a right high section round kick.
26. After the third block, step forward with the left foot into a right back stance (inside your partner) while executing a left hand knife-hand strike to the neck. Grab your partner's shoulder with the same hand and execute a right upset punch to the mid-section. (punch while pulling the shoulder down).
27. After the third block, step forward with the left foot into a right back stance (inside your partner) while executing a left hand knife-hand strike. Grab your partner's shoulder with the same hand and execute a right upset punch to the mid-section. (punch while pulling the shoulder down). After the punch jump back to sparring stance and execute a right round house kick to the face.
28. After the third block, execute a right leg round kick to the face. Bring the foot down next to your left foot. Execute a left foot spin-sidekick.
29. After the third block, step forward into a right front stance while executing a left knife-hand block and a right inverted knife-hand strike to the neck. Next execute a right elbow strike to the face. Grab the opponent's right wrist with your left hand. Then pull the opponent towards you as you execute a right knife-hand strike to the neck as you slide back into an upright stance.
30. After the third block step back into a left fighting stance. Execute a left (outside to inside) crescent kick block. Bring your left foot next to your right foot. Execute a right spin-heel kick to the face. Bring the foot all the way around. End in a fighting stance.
31. After the third block step back into a left fighting stance. Execute a left (outside to inside) crescent kick block. Bring your left foot next to your right foot. Execute a right spin-heel kick to the face. Bring the foot all the way around. Execute a right round kick to the face.
32. After the third block step back into a left fighting stance. Execute a left (outside to inside) crescent kick block. Execute a right middle-section spin-sidekick.
33. After the third block, step back to a left fighting stance. Execute a left (outside to inside) crescent kick block. Execute a right middle section spin-sidekick, and then execute a left high section spin-sidekick.

## 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 roundhouse 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.
38. 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 roundhouse 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. 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) 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 a left knife hand block, then step to the left 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.
42. 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 right foot and execute a right foot spin heel kick. Bring the foot all the way around, then execute a back leg (right) jump roundhouse kick to the face.

43. 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. Slide back and execute a front leg (right) jump roundhouse kick.
44. Step forward with the left foot into a back stance (inside your partner) while executing a left knife-hand strike. Grab your partner's shoulder with the same hand and throw a right hand punch to the mid-section. After the punch jump back into a fighting stance (left foot forward) and execute a right leg spin heel kick, followed by a right leg jump spin heel kick, to the face.
45. Same as #44, but after the roundhouse kick to the face, jump back (right foot forward) and execute a left leg jump spin side kick, followed by a right leg jump spin side kick, both to the midsection.
46. Step back into a right leg fighting stance. Execute a right leg round kick to the face. Bring the foot down next to your left foot. Execute a left foot spin-side kick. Turn back 180 degrees (counter clockwise) and execute a 360 degrees jump side kick with the right leg.
47. Step forward into a right front stance while executing a left knife-hand block and a right inverted knife-hand strike to the neck. Next execute a right forearm elbow strike to the face. Now grab the opponents' right wrist with your left hand. Then pull the opponent towards you as you execute a right knife-hand strike to the neck as you slide back into a back stance. Step back 180 degrees (clockwise) with the right leg into a fighting stance. Execute a right leg roundhouse kick. Slide back and execute a 360 degrees jump spin roundhouse kick.
48. Step back into a left-leg fighting stance. Block your opponent's hand with a left foot (outside to inside) crescent block. Bring your left foot next to your right foot. Throw a right leg spin-heel kick to the face. Bring the foot all the way around. Land in a fighting stance. Execute a right leg round kick to the face. Slide back and execute a 360 degrees jump roundhouse kick with the right leg.
49. Step back to a left leg fighting stance. Block the opponent's hand with the left foot (outside to inside) crescent kick. Execute a spin-side kick with the right leg to the mid-section. Execute another spin-side kick to the high section with the left leg. Jump back and execute a 360 degrees jump spin side kick with the left leg.

# 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.
- 3.x.x = two hand grab x.1.x = hand counter technique
- 4.x.x = shoulder grab
- x.2.x = foot counter technique
- 5.x.x = lapel grab
- x.3.x = joint lock
- 6.x.x = bear hug from front
- x.4.x = take down
- K.1.x = Knife attack / hand counter technique
- 7.x.x = bear hug from rear
- K.2.x = Knife attack / foot counter technique

## 5. *Lapel grab*

### 5.1 Hand Techniques

- 5.1.1 Strike down on inside of elbow with same side hand, while striking reverse hand knife hand to neck.
- 5.1.2 Strike down on inside of elbow with same side hand. Fingers to eyes
- 5.1.3 Strike down on inside of elbow with same side hand. Palm heel to nose bridge
- 5.1.4 Strike down on inside of elbow with same side hand. Palm heel to chin
- 5.1.5 Strike down on inside of elbow with same side hand. Arc hand to Adam's apple
- 5.1.6 Strike down on inside of elbow with same side hand. Arch hand to Adam's apple, then grab and rip it out.
- 5.1.7 Strike down on inside of elbow with same side hand. Punch to solar plexus.
- 5.1.8 Strike down on inside of elbow with same side hand. Elbow to face

### 5.2 Foot Techniques

- 5.2.1 Front kick to the groin.
- 5.2.2 Grab wrist, step back and front leg sidekick to mid-section.
- 5.2.3 Grab wrist, sidekick to knee.
- 5.2.4 Grab wrist, side-kick to shin
- 5.2.5 Grab wrist, stomp kick to instep.
- 5.2.6 Grab wrist, step to side, round kick.

### 5.3 Joint locks

- 5.3.1 Reach across and grab the back of opponent's hand with your opposite side hand, continue twisting in same direction, add pressure to the back of the elbow with your forearm.
- 5.3.2 Grab wrist with same side hand as you turn in. Bring their elbow down over your shoulder.
- 5.3.3 Grab their wrist with the opposite hand and lock it to your body. Bring same side arm up on the outside of their arm and bring the elbow down on the forearm so their wrist is under your arm pit and apply pressure down.
- 5.3.4 Grab the wrist with same side hand and twist out. With the opposite side hand place the palm under their elbow and push up as you pull down on their wrist to the outside.

### 5.4 Take down

- 5.4.1 Reach across with opposite hand and grab their hand. Twist hand to outside, grab with both hands and pull down and back as you step backward.
- 5.4.2 With opposite side foot, leg sweep as you strike their shoulder.
- 5.4.3 Grab wrist with same side hand. Spin to outside (360degrees), keeping shoulder close to opponent. Bring arm overhead and back down behind opponent.

## **6. Two Hand shoulder grab**

### 6.1 Hand Techniques

- 6.1.1 Strike to throat
- 6.1.2 Bring both arms above opponent's arms, and grasp hands together. Bring fists down on elbows to break grip. Strike both hands to face.

### 6.2 Foot Techniques

- 6.2.1 Front kick to the groin.
- 6.2.2 Serpentine break away. Sidekick to side of knee.
- 6.2.3 Side-kick to shin
- 6.2.4 Stomp kick to instep.
- 6.2.5 Serpentine break away. Step to the side, round kick.

### 6.3 Joint Locks

- 6.3.1 Reach across and grab the back of opponent's hand with your opposite side hand, continue twisting in same direction, add pressure to the back of the elbow with your forearm.
- 6.3.2 Grab their wrist with the opposite hand and lock it to your body. Bring same side arm up on the outside of their arm and bring the elbow down on the forearm so their wrist is under your arm pit and apply pressure down.
- 6.3.3 Grab one wrist with same side hand as you turn in. Bring their elbow down over your shoulder.

### 6.4 Take downs

- 6.4.1 Block hands with knife hand and execute leg sweep with opposite side leg as you push with the opposite side hand on the shoulder.
- 6.4.2 Grab wrist with free hand. Spin to outside (360degrees), keeping shoulder close to opponent. Bring arm overhead and back down behind opponent.