



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

1D Gup Brown/Black Belt to 1R Dan Black Belt

Basic techniques: flying sidekick

One-Steps: 34 – 49

Three-Steps: 25 – 33

Self-Defense: 1.x.x – All same side techniques
2.x.x – All cross side techniques
3.1.1 – 3.1.8 – All 2 hand grab – hand techniques
3.2.1 – 3.2.8 – All 2 hand grab – foot techniques
3.3.1 – 3.3.6 – All 2 hand grab – joint locks
3.4.1 – 3.4.6 – All 2 hand grab – take downs

Form: Hwa-Rang & Kwang-Chung

Board Breaks: One hand & one foot technique.

Other: Brown belts need to attend 24 classes between scheduled testings.

Brown belts must test at a scheduled testing
Knowledge: meaning of form Kwang-Chung

2nd in Command of Hwa Rang Do & Martyr
count 1-10 in Korean

<i>one</i>	<i>hana</i>
<i>two</i>	<i>tul</i>
<i>three</i>	<i>set</i>
<i>four</i>	<i>net</i>
<i>five</i>	<i>tasot</i>
<i>six</i>	<i>yosot</i>
<i>seven</i>	<i>ilgob</i>
<i>eight</i>	<i>yudol</i>
<i>nine</i>	<i>ahop</i>
<i>ten</i>	<i>yeol</i>

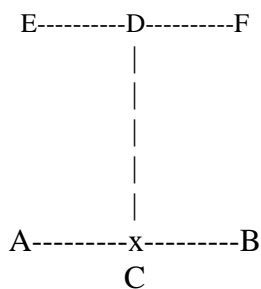


Kwan-Chang

Joon-bie: Open Ready Stance C

1. Move the left foot to A, forming a right back stance while executing a high section, left knife-hand square block to A. *The right hand is in front of your forehead.*
2. Raise the left foot, forming a right, single leg stance while executing a left double forearm guarding block to A.
3. Execute a middle section, left side kick to A, then lower the left foot to A, and execute a high section, right round kick to A. Lower the right foot to A, forming a left back stance while executing a right double forearm guarding block to A.
4. Move the right foot to B, forming a left back stance while executing a high section, right knife-hand square block to B. *The left hand is in front of your forehead.*
5. Raise the right foot, forming a left, single leg stance while executing a right double forearm guarding block to B.
6. Execute a middle section, right side kick to B, then lower the right foot to B, and execute a high section, left round kick to B. Lower the left foot to B, forming a right back stance while executing a left double forearm guarding block to B.
7. Move the left foot to D, forming a right back stance while executing a high section, left knife-hand square block to D. *The right hand is in front of your forehead.*
8. Raise the left foot, forming a right, single leg stance while executing a left double forearm-guarding block to D.
9. Execute a middle section, left side kick to D, then lower the left foot to D, forming a right back stance while executing a left double forearm guarding block to D.
10. Raise the right foot, forming a left, single leg stance while executing a right double forearm guarding block to C.
11. Execute a middle section, right side kick to C, then lower the right foot to C, forming a right back stance while executing a left double knife-hand guarding block toward D.
12. Execute a two-step, high section, right jump side kick to D. *Kihap!* Land in a left back stance while executing a right double knife-hand guarding block to D.
13. Move the left foot to F, turning counterclockwise, and form a right back stance while executing a left down block to F.
14. Move the left foot to F, forming a left front stance while executing a high section, double spear finger strike to F and *grabbing the back of your opponent's head.*

15. Execute a middle section, right knee strike to F *bringing both hands down past the knee*. Lower the right foot to the left foot, then move the left foot to E, turning counterclockwise, and form a left front stance while executing a high-section, right reverse knife-hand strike to E. *(The right elbow rests on the left open back hand.)*
 16. Execute a high-section, right round kick to E. Lower the right foot to the left foot, and execute a middle section, left spin-side kick to E. Lower the left foot to E, forming a left back stance while executing a right double forearm-guarding block to F.
 17. Execute a high section, left round kick to F, then lower the left foot to the right foot and move the right foot to C, forming a left back stance while executing a left double palm pole block to C. *(The left hand is in front of your face and the right hand is at waist level.)*
 18. Jump straight up, turning counterclockwise 360°, and land on the same spot, forming a left back stance while executing a right, double knife-hand guarding block to C.
 19. Jump straight up, turning clockwise 180°, and land on the same spot, forming a right back stance while executing a left double knife-hand guarding block toward C.
 20. Execute a two-step, high section, right, jump side kick to C. *Kihap!* Land in a left back stance while executing a right double knife-hand guarding block to C.
 21. Move the left foot to A, turning counterclockwise, and form a left front stance while executing a high section, left double back fist strike to A.
 22. Execute a middle section, right side kick to A. Lower the right foot to A and execute a middle section, left spin side kick to A, then lower the left foot to A, forming a left back stance to B while executing a right double forearm guarding block to B.
 23. Execute a middle section, left spin-side kick to B. Lower the left foot to B, and execute a middle section, right side kick to B. Lower the right foot to B, and execute a middle section, left side kick to B, then lower the left foot to B, forming a left back stance to A while executing a middle section, left, open X-block to A.
 24. Move the left foot to A, forming a left front stance while executing a twin-palm rising block to A. *Do this move slowly.*
 25. Step change on line A/B, turning clockwise, and form a right front stance to B while executing a high section, right high-rising block to B. Then execute a high-section, left front punch to B. *Kihap!*
- End: Bring the left foot back, forming open ready stance C.*



☯ Three-Step Sparring ☯

Brown Belt – 1st Grade

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

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.
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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 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.
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 round house 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
- x.2.x = foot counter technique
- x.3.x = joint locks
- x.4.x = take downs

3. Two Hand grab

3.1 Hand Techniques

- 3.1.1 Break grip, same hand knife hand to neck.
- 3.1.2 Fingers to eyes
- 3.1.3 Palm heel to nose bridge
- 3.1.4 Palm heel to chin
- 3.1.5 Arc hand to Adam's apple
- 3.1.6 Arch hand to Adam's apple, then grab and rip it out.
- 3.1.7 Double punch to solar plexus (upset).
- 3.1.8 Step in a strike opponent's elbow with your forearm. Spin elbow to solar plexus.

3.2 Foot Techniques

- 3.2.1 Front kick opponent to groin.
- 3.2.2 Step back and break away one hand. Side kick with front leg.
- 3.2.3 Sidekick to knee.
- 3.2.4 Sidekick to shin.
- 3.2.5 Stomp kick to foot (instep).
- 3.2.6 Front kick to the solar plexus.
- 3.2.7 Step in and break grasp with forearm. Step back and spin sidekick.
- 3.2.8 Step in and break grasp with forearm. Hop back – sliding sidekick.

3.3 Joint Locks

- 3.3.1 Arc hand rising, twist hand to outside, twist and push down elbow.
- 3.3.2 Twist wrist to inside, grab wrist with both hand, pressure down on wrist.
- 3.3.3 Twist hand to outside, put both hands on wrist, apply pressure back and down.
- 3.3.4 Grab wrist, bring elbow over shoulder 180 degrees.
- 3.3.5 Strike inside of elbow with free the thumb of the free hand (striking the pressure point). Step forward with same foot as grabbed hand. Lift opponent's arm up and step underneath. Turn 180 degrees behind opponent and create arm-bar behind their back.
- 3.3.6 Break one hand and grab wrist with that hand, then step behind and choke with free hand.

3.4 Take Downs

- 3.4.1 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.
- 3.4.2 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.
- 3.4.3 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.
- 3.4.4 Grab wrist with free hand. Spin to outside, keeping shoulder close to opponent. Bring arm overhead and back down behind opponent 360 degrees.
- 3.4.5 Grab hand with free hand, break grip and leg sweep as striking shoulder.
- 3.4.6 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.