



# Kim's Tae Kwon Do

## American Chung Do Kwan Tae Kwon Do

A.C.T.A. MN  
702 Debbie Ln.  
Carver, MN 55315  
www.tae-kwon-do.org

### Requirement of Rank

#### 2D Dan Black Belt to 3R Dan Black Belt

Form:	Moon-Moo & Duk-Won <i>Should know all forms and be able to teach any form.</i>
One Steps:	All
Three Steps:	All
Self Defense:	All
Board Breaks:	One hand technique & flying side kick over 3 person obstacle, or with permission of Grand Master Kim, one hand technique, one kick and one jump kick (different leg). Also must work on advanced board breaking, e.g. power breaking, speed breaking, multiple targets.
Other:	Minimum 24 months and 260 classes (2.5/week) Must attend average of (2) Regional ACTA Black Belt/Instructor Seminars per year. Must assist at class at least 24 times per year <i>This must be a class that the instructors o.k.</i> Must attend at least one Summer Camp
Knowledge:	meaning of forms Moon-Moo & Duk-Won

#### ☯**Douk-Won**☯

2 Dan Rec. Black Belt

Named after Kim Duk Won, Grandmaster Kim's grandfather who fought against the Japanese for the independence of Korea.

#### ☯**Moon-moo**☯

2 Dan Black Belt

Named after King Munmu of the Silla Kingdom (661-681 A.D.). He was the 30<sup>th</sup> King of Silla and was known for completing the unification of the three kingdoms of Korea by defeating Koguryo. He was buried in an underwater tomb to continue his efforts to defend Silla from the Japanese.



## *Moon-moo*

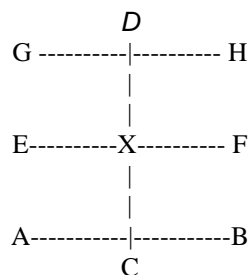
### ***Joon-bie: Closed ready stance A***

1. Execute a right stomp kick over the left foot while executing a low section, left open X block to D, and while lowering the body to form a left X stance to D.
2. Execute a low section, left side kick and a middle section, left side kick to E. Lower the left foot to E, forming a horse-riding stance to D while executing a high section, left spear-finger strike to D.
3. Execute a middle section, right spin side kick to E.
4. Jump to E, executing a right stomping down kick to E while executing a high section, right knife-hand strike to E. Then bring the left foot to the right forming a right X stance to A. *Perform moves 3 and 4 as one count.*
5. Execute a middle section, left side kick to F. Lower the left foot to F, forming a left front stance while executing a low section, right palm-heel down strike to F.
6. Execute a middle section, right side kick to F. Lower the right foot to F, forming a right front stance while executing a low section, left palm-heel down strike to F.
7. Pick up the left foot, forming a right single leg stance while executing a high section, left knife-hand block to E and a low section, right knife-hand down block to F.
8. Execute a left stomp kick over the right foot while executing a low section, right open X block to D, and while lowering the body to form a right X stance to D.
9. Execute a low section, right side kick and a middle section, right side kick to F. Lower the right foot to F, forming a horse-riding stance to D while executing a high section, right spear-finger strike to D.
10. Execute a middle section, left spin side kick to F.
11. Jump to F, executing a left stomping down kick to F while executing a high section left knife-hand strike to F. Then bring the right foot to the left, forming a left X stance to F. *Perform moves 10 and 11 as one move.*
12. Execute a middle section, right side kick to E. Lower the right foot to E, forming a right front stance while executing a low section, left palm-heel down strike to E.
13. Execute a middle section, left side kick to E. Lower the left foot to E, forming a left front stance while executing a low section, left palm-heel down strike to E.

14. Pick up the right foot, forming a left single leg stance while executing a high section, right knife-hand block to F and a low section, left knife-hand down block to E.
15. Move the right foot back to C, forming a right back stance to D while executing a middle section, left X block to H.
16. Execute a middle section, right reverse round kick to D, then lower the right foot to D, forming a right front stance while executing a middle section, right front punch to D.
17. Execute a middle section, left front punch to D.
18. Move the right foot back to C, forming a left front stance to D while executing a high section, left rising block to D.
19. Execute a left down block to D, remaining in a left front stance.
20. Execute a high section, double palm pressing block, moving the hands from left to right. *The block should end up facing F. The feet should remain in the front stance. Perform slowly.*
21. Bring the left foot up to the right knee and turn to F, forming a right single leg stance to F while executing a high section, left double forearm guarding block to F.
22. Lower the left foot to H, forming a horse-riding stance to B while executing a high section, left palm-rising block to B.
23. Execute a middle section, right front punch to B.
24. Execute a high section, left back fist strike to B. *The left elbow rests on the right back fist.*
25. Slide the right foot back to C, keeping it on line CD. Then move the left foot to C, forming a right back stance to C while executing a high section, left double knife-hand guarding block to C.
26. Execute a high section, left front kick to C. Lower the left foot to C, forming a left front stance while executing a high section, left spear-finger strike to C.
27. Execute a high section, right spear-finger strike to C.
28. Execute a high section, right side kick to C. *Kihap!*
29. Lower the right foot to C and turn counterclockwise, forming a left front stance to G while executing a high section, right forearm front block to G. *(Perform moves 28 and 29 as one move.)*
30. Execute a high section, right reverse round kick to G and lower the right foot to G, forming a right front stance while executing a high section, left spear-finger strike to G.
31. Move the right foot to H, turning clockwise and forming a right front stance while executing a high section, left forearm front block to H.

32. Execute a high section, left reverse round kick to H. Lower the left foot to H, forming a left front stance while executing a high section, right spear-finger strike to H.
33. Move the left foot to D, forming a right back stance while executing a high section, left double forearm guarding block to D.
34. Move the right foot to D, forming a left back stance while executing a high section, right double forearm guarding block to D.
35. Move the left foot to D, turning counterclockwise, forming a right back stance to D while executing a high section, left double knife-hand guarding block to D.
36. Execute a high section, right round kick to D, lower the right foot to D and execute a middle section, left spin sidekick to D. Lower the left foot to D and execute a high section, left jump side kick to D. *Kihap!*
37. Upon landing, move the right foot to G, turning clockwise, forming a right front stance while executing a high section, left forearm front block to G.
38. Execute a high section, left reverse round kick to G. Lower the left foot to G, forming a left front stance while executing a high section, right spear-finger strike to G.
39. Move the left foot to H, turning counterclockwise, forming a left front stance while executing a high section, right forearm front block to H.
40. Execute a high section, right reverse round kick to H. Lower the right foot to H, forming a right front stance while executing a high section, left spear-finger strike to H.
41. Move the right foot to the left and move the left foot to C, forming a left front stance, and execute a low section, left knife-hand down block to C.
42. Execute a high section, left knife-hand rising block to C.
43. Execute a high section, right round kick to C, then lower the right foot to C, and execute a high section, right jump side kick to C. Lower the right foot to C, forming a right front stance while executing a high section, double front punch to C.
44. Execute a high section, double palm-heel pressing block, moving the hands from right to left. *The block should end up facing F. The feet should remain in the front stance. Perform slowly.*
45. Execute a middle section, left upset punch to C.
46. Moving the right foot left on line CD, turn counterclockwise and form a left front stance to D while executing a middle section, right elbow front strike to D, *striking the left palm.*
47. Jump to D, forming a right X stance while executing a high section right double back fist strike to D.

48. Move the left foot to E, forming a horse-riding stance to G while executing a high section, right palm rising block to G.
  49. Execute a middle section, left front punch to G.
  50. Execute a high section, right back fist strike to G. *The right elbow should rest on the left back fist.*
  51. Move the left foot to C, forming a left front stance while executing a high section, right reverse knife-hand strike to C. *The right elbow should rest on the left back hand.*
  52. Execute a high section, right round kick to C. Lower the right foot to C, forming a left front stance while executing a high section, double front punch to D.
  53. Slide the left foot back to form a right back stance while executing a high section, right middle-knuckle upset punch to D and bringing the left fist back to the right chest.
  54. Move the right foot to D, forming a horse-riding stance facing E. Execute a left 9-block to E.
  55. Execute a low section, left reverse double knife-hand guarding block to C.
  56. Execute a low section right knife-hand guarding block to D.
  57. Move the left foot along line CD, turning clockwise while executing a stomping kick to D, forming a horse-riding stance to F and executing a high section, twin side forearm block to C and D.
  58. Move the left foot along line CD, turning clockwise while executing a stomping kick to C, forming a horse-riding stance to E and executing a high section, twin side forearm block to C and D.
  59. Move the right foot to C, forming a right front stance while executing a high section, right rising block to C.
  60. Execute a high section left front punch to C.
  61. Move the right foot to F, turning counterclockwise, forming a left front stance while executing a high section, left rising block to D.
  62. Execute a high section, right front punch to D. *Kihap!*
- End: Move the right foot to the left foot, forming closed ready stance A.*



## Additional One-Steps Black Belts

50. Step forward with left foot into back stance, with left knife-hand block.  
Triple punch (right/left to solar plex, right to face). Grab partners right wrist with your right hand. Right leg short round-kick to solar plex. Right leg front-kick under partner's right arm. Right leg round-kick to face, with ki-hahp.
51. Right leg side-kick to mid-section. Left leg jump spin-crescent kick (spin counter-clockwise), land with left foot forward. Right leg jump round-kick to face, with ki-hahp.
52. Left leg side-kick to mid-section. Left leg jump-side-kick to mid-section, or face. Right leg jump-spin-side-kick to mid-section, with ki-hahp.
53. Right leg inside-drop-kick to block punch, bring right foot down next to the left foot. Left foot jump-spin-crescent-kick, 360 degrees, land with left foot back. Left foot drop-kick, bring left foot down next to right foot.  
Right foot jump-spin-crescent-kick, 360 degrees, land with right foot back.  
Right foot jump-round-kick to face, with ki-hahp.
54. Right foot inside crescent-kick to block punch. Bring right foot down next to left foot. Left foot spin-heel kick to face. Land with left foot back. Left leg round kick to face, with ki-hahp.
55. Step forward with right foot, into a back stance. Block punch with left knife-hand block, while striking the neck with a right knife-hand strike.  
Grab your partner's wrist with your right hand. Pull your partner toward you, and execute a right leg side-kick, under the arm, with ki-hahp.
56. Step back with a knife-hand block. Right leg inside-drop-kick to block punch, bring right foot down next to the left foot. Left foot jump-spin-crescent-kick, 360 degrees, land with left foot back. Left foot drop-kick, bring left foot down next to right foot.  
Right foot jump-spin-crescent-kick, 360 degrees, land with right foot back.  
Right foot jump-round-kick to face, with ki-hahp.
57. Step back with a knife-hand block. Right foot inside crescent-kick to block punch. Bring right foot down next to the left foot. Left foot jump spin-heel kick to face. Land with left foot back. Left leg jump round kick to face, with ki-hahp.

**Additional Three Steps**  
**Black Belts**

50. Step back with knife-hand blocks. Step forward with your right leg, stepping under your partner's arm. Keep your left hand against your partner's wrist. Turn counter-clockwise as you step through, grabbing the arm. Twist your partner's arm down and up, turning clockwise. This should make your partner bend at the waist. Front kick to the face, with ki-hahp.
51. Step back with knife-hand blocks. After third block, right leg drop kick to block punch. Left leg jump-spin crescent, land so the left leg is behind the right. Left leg drop kick. Right leg jump-spin-crescent kick, land so the right leg is behind. Right leg jump round kick, with ki-hahp.
52. Step back with knife-hand blocks. After third block, push your partner's wrist away. Left leg hook-kick to the face, bringing the foot from your right to left. Without putting your foot down, left leg round kick to the face with ki-hahp.
53. Step back with knife-hand blocks. Triple punch (right/left to solar plex, right to face). Grab partners right wrist with your right hand. Right leg short round-kick to solar plex. Right leg front-kick under partner's right arm. Right leg round-kick to face, with ki-hahp.
54. Step back with knife-hand blocks. Right leg side-kick to mid-section. Left leg jump spin-crescent kick (spin counter-clockwise), land with left foot forward. Right leg jump round-kick to face, with ki-hahp.
55. Step back with knife-hand blocks. Left, front leg side-kick to mid-section. Left leg jump-side-kick to mid-section, or face. Right leg jump-spin-side-kick to mid-section, with ki-hahp.
56. Step back with knife-hand blocks. Right leg inside-drop-kick to block punch, bring right foot down next to the left foot. Left foot jump-spin-crescent-kick, 360 degrees, land with left foot back. Left foot drop-kick, bring left foot down next to right foot. Right foot jump-spin-crescent-kick, 360 degrees, land with right foot back. Right foot jump-round-kick to face, with ki-hahp.
57. Step back with knife-hand blocks. Right foot inside crescent-kick to block punch. Bring right foot down next to the left foot. Left foot jump spin-heel kick to face. Land with left foot back. Left leg jump round kick to face, with ki-hahp.

## *ACTA Self Defense*

### **4 Shoulder Grab**

#### **4.1 Hand Techniques**

- 4.1.1 Block their arm with a right knife hand block. Step toward opponent with your left foot. Strike neck with left inverted knife hand strike.
- 4.1.2 Fingers to eyes.
- 4.1.3 Palm heel to the nose bridge.
- 4.1.4 Palm heel to chin.
- 4.1.5 Arch hand to Adam's apple.
- 4.1.6 Arch hand to Adam's apple, then grab and rip it out.
- 4.1.7 Punch to solar plexus.
- 4.1.8 Elbow to face.

#### **4.2 Foot Techniques**

- 4.2.1 Execute a front kick to the groin.
- 4.2.2 Grab hand, step back and sidekick with the front leg.
- 4.2.3 Sidekick to knee.
- 4.2.4 Sidekick to shin
- 4.2.5 Stomp kick to instep.
- 4.2.6 Grab hand with same side, with other hand reach behind their neck, step to side, round kick (knee kick to the mid-section) as you pull them down.

#### **4.3 Joint Locks**

- 4.3.1 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.
- 4.3.2 Reach across and grab opponent's hand. Bring your right hand up on the outside of their arm. Twist their hand ¼ turn toward you. Push down on their wrist with your right forearm.
- 4.3.3 Reach across and grab opponent's wrist. With the same side hand, strike the elbow up and in while pushing the wrist out. Break elbow over shoulder.

#### **4.4 Take downs**

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

## ***ACTA Self Defense (continued)***

### **5. Lapel grab**

#### **5.1 Hand Techniques**

- 5.1.1 Strike down on inside of elbow with same side hand, while striking reverse 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 the 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. Arch 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 over the opponent's hand 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, twist down, step to side, round kick OR grab opponent's back of neck and knee kick to their mid-section.

#### **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 roll over 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 (360 degrees), keeping shoulder close to opponent. Bring arm overhead and back down behind opponent.