



Kim's Tae Kwon Do

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

Requirement of Rank

2R Dan Black Belt to 2D Dan Black Belt

Form:	Duk-Won & Jin-Hoong
One Steps:	All
Three Steps:	All
Self-Defense:	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 5.x.x – All Lapel grab techniques 6.x.x – All bear hug from front 7.x.x – All bear hug from rear Kx.x – All Knife techniques
Board Breaks:	One foot technique & one jump kick
Other:	Minimum 3 months and 30 classes (2.5/week) Must attend ACTA Black Belt Seminar prior to testing Must be able to teach the first 3 forms and all one steps.
Knowledge:	meaning of form Duk-Won Meaning of form Jin-Hoong

☯**Douk-Won**☯

2 Dan Rec.

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

☯**Jin-Hoong**☯

1 Dan Black Belt

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



Douk-Won

Joon-bie: Open heaven hand ready stance

1. Move the left foot to the right foot, forming a closed upright stance, facing A while executing a double down block to A and B. *Do this move slowly.*
2. Move the left foot to A, forming a right back stance while executing a high-section, left double forearm guarding block to A.
3. Pull the right foot up to the left knee forming a left single-leg stance while executing a high section, left double fist rising strike to A while turning to face B.
4. Execute a low section, right side kick to B, then lower the right foot to B, forming a horse-riding stance to D while executing a high section, right knife-hand strike to B.
6. Execute a middle section, left hooking punch to B.
7. Move the right foot to B, forming a left front stance on line A/B, while executing a high-section, right forearm front block to D.
8. Execute a high section, right front kick to D, then lower the right foot to B, forming a horse-riding stance to D while executing a middle section, left front punch to D.
9. Move the left foot to A, forming a right front stance on line A/B while executing a high-section, left forearm front block to D.
10. Execute a high section, left front kick to D, then lower the left foot to A, forming a horse-riding stance to D while executing a middle section, right front punch to D.
13. Execute a left, double forearm front block to D. *The left hand circles low and ends at shoulder level, the right hand circles high and ends in front of the right knee.*
14. Execute a right, double forearm front block to D. *The right hand circles low and ends at shoulder level, the left hand circles high and ends in front of the left knee.*
15. Execute a high section, double open forearm block to D.
16. Execute a middle section, right reverse elbow strike to C, supporting the right fore fist with the left palm.
17. Execute a middle section, right front punch to D. *The left palm should rest over the right elbow.*
18. Execute a middle section, left reverse elbow strike to C, supporting the left fore fist with the right palm.

19. Execute a middle section, right double side punch to B.
20. Move the left foot to B, forming a right X-stance to D while executing a low section, right inside down block to D, grabbing the wrist with the left forefingers.
21. Move the right foot to B, forming a left back stance while executing a high section, inside reverse knife-hand strike to B. *This should be done in slow motion.*
22. Execute a high section, left palm-heel strike to B. *This should be done in slow motion.*
23. Execute a middle section, right side kick to B, then lower the right foot to B and slowly move the left foot to the right foot, forming a closed upright stance to F while executing a double down block to A and B. *This should be done in slow motion with the hands coming high above the head.*
24. Jump to F, landing in a right X stance facing F while executing a low-section, right closed X block to F.
25. Move the left foot back to H, forming a right front stance to F while executing a high section, double open forearm block to F.
26. Execute a high-section, left front kick to F, then lower the left foot next to the right foot and execute a middle-section, right spin-side kick to F. Lower the right foot to F, forming a right back stance to H while executing a high section, left double knife-hand guarding block to H.
27. Move the right foot to H, forming a right front stance while executing a high section, right spear finger strike to H.
28. Move the left foot forward to the right foot, forming a closed upright stance to H while executing a double down block to A and B. *This should be done in slow motion with the hands coming high above the head.*
29. Jump to H, landing in a left X stance while executing a low-section, left closed X block to H.
30. Move the right foot back to F, forming a left front stance to H while executing a high section, open forearm block to H.
31. Execute a high section right front kick to H, then lower the right foot next to the left foot and execute a middle-section, left spin-side kick to H. Lower the left foot to H, forming a left back stance to F while executing a high-section, right double knife-hand guarding block to F.
32. Move the left foot to H, forming a left front stance while executing a high section, left spear finger strike to F.

33. Move the right foot forward to the left foot, forming a closed upright ready stance B, facing toward F. *This should be done in slow motion.*
34. Move the left foot to A, forming a horse-riding stance, to D while executing a high section right back-fist strike to H and a left down-block to D. *Kihap!*
35. Move the right foot to A, forming a right X stance to D while executing a low section right closed X block to D.
36. Execute a high-section left open hand X block to D.
37. Move the left foot to A, forming a right back stance while executing a low section left reverse knife-hand block to A.
38. Shift to form a left back stance to B while executing a high section right double forearm guarding block to B.
39. Pull the left foot up to the right knee forming a right single-leg stance while executing a high section, right double fist rising strike to B while turning to face A.
40. Execute a low section, left side kick to A, then lower the left foot to A, forming a horse-riding stance to D while executing a high section left knife-hand strike to A.
41. Execute a middle section, right hooking punch to A. *The forearm should be in front of the patches.*
42. Move the left foot to A, forming a right front stance on line A/B while executing a high-section, left forearm front block to D.
43. Execute a high section, left front kick to D, then lower the left foot to A, forming a horse-riding stance to D while executing a middle section, right front punch to D.
44. Move the right foot to B, forming a left front stance on line A/B while executing a high-section, right forearm front block to D.
45. Execute a high section, right front kick to D, then lower the right foot to B, forming a horse-riding stance to D while executing a middle section left front punch to D.
46. Execute a right double forearm front block to D. *The right hand circles low and ends at shoulder level, the left hand circles high and ends in front of the left knee.*
47. Execute a left, double forearm front block to D. *The left hand circles low and ends at shoulder level, the right hand circles high and ends in front of the right knee.*
48. Execute a high section, double open forearm block to D.
49. Execute a middle-section, left reverse elbow strike to C, supporting the left fore fist with the right palm.
50. Execute a middle-section, left front punch to D. The right palm should rest over the left elbow.

51. Execute a middle section, right reverse elbow strike to C, supporting the right fore fist with the left palm.
52. Execute a middle-section, double side punch to A.
53. Move the right foot to A, forming a right X-stance to D while executing a low section left inside down block to D, grabbing the left wrist with the right fore-fingers.
54. Move the left foot to A, forming a right back stance to A while executing a high section, left inside reverse knife-hand strike to A. *This should be done in slow motion.*
55. Execute a high-section, right palm-heel strike to A. *This should be done in slow motion.*
56. Execute a middle-section, left side kick to A, then lower the left foot to A and slowly move the right foot to the left foot, forming a closed upright stance to E while executing a double down block to A and B. *This should be done in slow motion with the hands coming high above the head.*
57. Jump to E, forming a left X-stance while executing a low section, left closed X block to E.
58. Move the right foot to G, forming a left front stance to E while executing a high section, double open forearm block to E.
59. Execute a high section, right front kick to E, then lower the right foot next 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 to G while executing a high section, right double knife-hand guarding block to G.
60. Move the left foot to G, forming a left front stance while executing a high section, left spear finger strike to G.
61. Move the right foot to the left foot, forming a closed upright stance to G while executing a double down block to A and B. *This should be done in slow motion with the hands coming high above the head.*
62. Jump to G, forming a right X stance while executing a low-section, right closed X block to G.
63. Move the left foot back to E, forming a right front stance to G while executing a high section, double open forearm block to G.
64. Execute a high section, left front kick to G, then lower the left foot next to the right foot and execute a middle section, right spin side kick to G. Lower the right foot to G, forming a right back stance to E while executing a high-section left double knife-hand guarding block to E.

65. Move the right foot to E, forming a right front stance while executing a high section, right spear-finger strike to E.
 66. Move the left foot to the right foot, forming a closed upright ready stance B, facing toward E. *This should be done in slow motion.*
 67. Move the right foot to B, forming a horse-riding stance, to D while executing a high section, left back fist strike to G and a right down-block to D. *Kihap!*
 68. Move the left foot to B, forming a left X stance to D while executing a low section, left closed X block to D.
 69. Execute a high-right open hand X block to D.
 70. Move the right foot to B, forming a left back stance while executing a low section, right reverse knife-hand block to B.
- End: Bring the left foot back, forming open heaven hand ready stance.*



