Kim's Tae Kwon Do

American Chung Do Kwan Tae Kwon Do Association

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Requirements for Ranks

5 Gup Dark Green Belt to 4 Gup Blue Belt

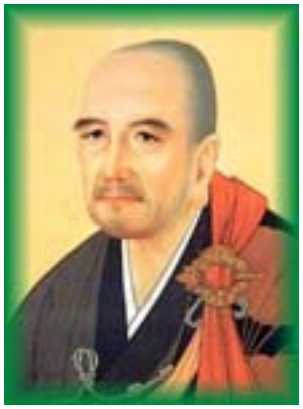
Basic techniques: drop kick, spin heel kick

One steps: numbers (16) through (33)

Self-Defense: 1.1.1 – 1.1.8 - all same side hand techniques
1.2.1 – 1.2.8 - all same side foot techniques

Form: Won-Hyo

Knowledge: Meaning of form Won-Hyo



Buddhist monk who spread Buddhism throughout Korea in the year 686 A.D. Taught the Hwa Rang Do.

ACTA Member's Pledge

I do hereby pledge that, as a member of the American Chungdokwan Tae Kwon Do Association, I will honor and uphold the rules and regulations governing this membership, and will follow and cherish the principles of Tae Kwon Do.

Won-Hyo

Joon-bie: Closed Ready Stance A

1. Move the left foot to A, forming a right back stance while executing a high section, left double forearm square block to A.
2. Execute a high section, right inverted knife-hand strike to A while bringing the left fist in front of the right shoulder.
3. Execute a middle section, left side punch to A.
4. Execute a high section, right round kick to A, then lower the right foot to A, forming a left back stance while executing a high section, right double forearm guarding block to A.
5. Move the right foot to B, turning clockwise, forming a left back stance while executing a high section, right double forearm square block to B.
6. Execute a high section, left inverted knife-hand strike to B while bringing the right fist in front of the left shoulder.
7. Execute a middle section, right side punch to B.
8. Execute a high section, left round kick to B, then lower the left foot to B, forming a right back stance while executing a high section, left double forearm guarding block to B.
9. Move the left foot to D, forming a right back stance to D while executing a high section, left knife-hand strike to D, then execute a middle section, right reverse front punch to D.
10. Execute a high section, right round kick to D, then lower the right foot to D and execute a middle section, left spin side kick to D. Lower the left foot to D, forming a right back stance while executing a high section, left double forearm guarding block to D.
11. Execute a high section, right round kick to D, then lower the right foot to D and execute a middle section, left spin side kick to D. *Kihap*! Lower the left foot to D, forming a right back stance while executing a high section, left double forearm guarding block to D.
12. Move the right foot to E, turning clockwise, forming a left back stance while executing a high section, right double forearm square block to E.

13. Execute a high section, left inverted knife-hand strike to E while bringing the right fist in front of the left shoulder.
14. Execute a middle section, right side punch to E.
15. Execute a high section, left round kick to E, then lower the left foot to E, forming a right back stance while executing a high section, left double forearm guarding block to E.
16. Move the left foot to F, turning counterclockwise, forming a right back stance while executing a high section, left double forearm square block to F.
17. Execute a high section, right inverted knife-hand strike to F while bringing the left fist in front of the right shoulder.
18. Execute a middle section, left side punch to F.
19. Execute a high section, right round kick to F, then lower the right foot to F, forming a left back stance while executing a high section, right double forearm guarding block to F.
20. Move the right foot to C, forming a left back stance while executing a high section, right knife-hand strike to C, then execute a middle section, left reverse front punch to C.
21. Execute a high section, left round kick to C, then lower the left foot to C and execute a middle section, right spin side kick to C. Lower the right foot to C, forming a left back stance while executing a high section, left double forearm guarding block to C.
22. Execute a high section, left round kick to C, then lower the left foot to C and execute a middle section, right spin side kick to C. *Kihap!* Lower the right foot to C, forming a left back stance while executing a high section, left double forearm guarding block to C.
23. Move the left foot to A, turning counterclockwise, forming a right back stance while executing a high section, left double knife-hand guarding block to A.
24. Move the left foot to A, forming a left front stance while executing a high section, right palm-heel strike to A.
25. Move the left foot in to the right foot, then move the right foot to B, turning clockwise and forming a left back stance while executing a high section, right double knife-hand guarding block to B.
26. Move the right foot to B, forming a right front stance while executing a high section, left palm-heel strike to B.

End: *Bring the right foot back to the left foot, forming closed ready stance A.*

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E--------D--------F
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         |
A--------x--------B
         C
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☯<u>ONE STEP SPARRING</u>☯

5TH GRADE -- LIGHT-GREEN BELTS

16. Step back into a right-side back stance as you execute a left-side 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.

17. 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. 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. 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 same foot (right foot, turn counter-clockwise) into a back stance and throw a spin side kick to the mid-section (clockwise)

20. 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.

21. Same as #20, but add a left hand punch and a right hand punch to the face before right leg round house kick.

22. 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) plus reverse elbow with left arm (clockwise.) Now step forward with right foot back into a back stance, and throw a right foot roundhouse kick to the face,

23. 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. Now step back to back stance (w/left foot) and execute a left foot spin side kick.

24. 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 same right foot and execute a right foot spin crescent (or spin heel) kick.

25. 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.

26. Step forward with the left foot into a back stance (inside your partner) while executing a left hand knife-hand strike. Grab your partner's shoulder with the same hand and throw a right hand punch to the mid-section. (punch while pulling the shoulder down).

27. Same as #26, plus after the punch jump back to sparring stance and throw a right leg round house kick to the face.

28. 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.

29. 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.

30. 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. End in a fighting stance.

31. Same as #30. After spin-heel kick, throw a right leg round kick to the face.

32. Step back to a left leg fighting stance. then block the opponent's hand with the left foot (outside to inside) crescent kick. Throw a spin-side kick with the right leg to the mid-section.

33. Step back to a left leg fighting stance. then block the opponent's hand with the left foot (outside to inside) crescent kick. Throw a spin-side kick with the right leg to the mid-section. Throw another spin-side kick to the high section 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.
x.1.x = hand counter technique
x.2.x = foot counter technique
3.x.x = two hand grab
4.x.x = shoulder grab
5.x.x = lapel grab
6.x.x = bear hug from front

1.1 Same Hand – hand technique

1.1.1 Break grip, same hand knife hand to neck.
1.1.2 Fingers to eyes
1.1.3 Palm heel to nose bridge
1.1.4 Palm heel to chin
1.1.5 Arc hand to Adam's apple
1.1.6 Arch hand to Adam's apple, then grab and rip it out.
1.1.7 Punch to solar plexus.
1.1.8 Elbow to face

1.2 Same hand – foot technique

1.2.1 Front kick to groin
1.2.2 Grab wrist, sidekick to mid-section.
1.2.3 Grab wrist, sidekick to knee
1.2.4 Grab wrist, side-kick to shin
1.2.5 Grab wrist, stomp kick to instep.
1.2.6 Grab wrist, round kick.
1.2.7 Break away, spin sidekick to mid-section.
1.2.8 Break away; slide back and hop sidekick to mid-section.