



# 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

6 Gup Light-Green Belt to 5 Gup Dark-Green Belt

Basic techniques: back fist strike, crossing block,  
spear hand

One-steps: numbers 16 – 27

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: Shilla

Knowledge: Meaning of form Shilla  
*Ancient Kingdom of Korea (57 B.C. – 935 A.D.)  
Unified the Korean peninsula into one country.*



Meaning of Chung Do Kwan  
*Blue Wave School*

Meaning of the ACTA badge  
*Shield represents defense  
Eagle represents America  
White represents purity & peace  
Blue represents loyalty & wisdom*

## *Red represents fearlessness & strength*



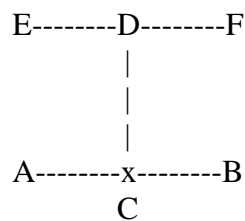
### *Shilla (Sin Ra)*

*Joon-bie: Open Ready Stance C*

1. Move the left foot to A, forming a left front stance while executing a high section, left outside front forearm block to A.
2. Execute a high section, right front kick to A, then lower the right foot to A, forming a right front stance while executing a high section, right front punch to A, followed by a high section, left front punch to A, and a high section, right front punch, to A.
3. Step the right foot back toward B, forming a left front stance facing to A while executing a middle section, left front punch to A.
4. Move the left foot in to the right foot, then move right foot, turning clockwise, to B, forming a right front stance while executing a high section, right outside forearm front block to B.
5. Execute a high section, left front kick to B, then lower the left foot to B, forming a left front stance while executing a high section, left front punch to B, followed by a high section, right front punch to B, and a high section, left front punch to B.
6. Step the left foot back toward A, forming a right front stance facing to B while executing a middle section, right front punch to B.
7. Move the right foot in to the left foot, then move the left foot to D, forming a right back stance to D while executing a high section, left double forearm guarding block to D.
8. Execute a high section, right front kick to D, then lower the right foot to D and execute a middle section, left side kick to D. Then lower the left foot to D, forming a right back stance to D while executing a high section, left double forearm guarding block to D.
9. Execute high section, right front kick to D, then lower the right foot to D and execute a high section, left round kick to D. *Kihap!* Then lower the left foot to D, forming a right back stance while executing a left, double forearm guarding block to D.
10. Move the right foot to E, turning clockwise, forming a right front stance while executing a high section, right outside forearm block to E.
11. Execute a high section, left front kick to E, then lower the left foot to E, forming a left front stance while executing a high section, left front punch to E, followed by a high section, right front punch to E and a high section, left front punch to E.

12. Moving the left foot back toward F, forming a right front stance facing to E while executing a middle section, right front punch to E.
13. Move the right foot to the left foot, then move the left foot to F, turning counterclockwise, forming a left front stance while executing a high section, left outside forearm front block to F.
14. Execute a high section, right front kick to F, then lower the right foot to F, forming a right front stance while executing a high section, right front punch to F, followed by a high section, left front punch to F and a high section, right front punch to F.
15. Move your right foot back toward E, forming a left front stance facing to F while executing a middle section, left front punch to F.
16. Move the left foot in to the right foot, then move the right foot to C, forming a left back stance while executing a high section, right double forearm guarding block to C.
17. Execute a high section, left front kick to C, then lower the left foot to C and execute a middle section, right side kick to C. Lower the right foot to C, forming a left back stance while executing a high section, right double forearm guarding block to C.
18. Execute a high section, left front kick to C, then lower the left foot to C and execute a high section, right round kick to C. *Kihap!* Lower the right foot to C, forming a left back stance while executing a high section, right double forearm guarding block to C.
19. Move the left foot to A, turning counterclockwise, forming a right back stance while executing a high section, left knife-hand strike to A.
20. Move the left foot to A, forming a left front stance while executing a high section, right inverted knife-hand strike to A.
21. 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 knife-hand strike to B.
22. Move the right foot to B, forming a right front stance while executing a high section, left inverted knife-hand strike to B.

*End: Bring the right foot back forming open ready stance C.*



## ☉ ONE STEP SPARRING ☉

### 6TH GRADE 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.

# 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

## **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.