Kim's Tae Kwon Do

American Chung Do Kwan Tae Kwon Do Association

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

Requirements for Rank

7 Gup Orange Belt to 6 Gup Green Belt

Basic techniques: jump front kick, spin-knife hand, hop sidekick, high section double forearm block

One steps: numbers (16) through (21)

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

Form: Dan-Goon

Knowledge: Meaning of form Dan-Goon

Dan Goon

Legendary founder of Korea in the year 2,333 B.C.

Meaning of ACTA

American ChungdoKwan TaeKwonDo Association

Three ACTA Tenets

Obedience to parents and instructors
Brotherhood among Members
Devotion to justice for all.

Dan-Goon

Joon-bie: Open Ready Stance C

1. Move the left foot to A, forming a right back stance while executing a left double-knife-hand guarding block to A.
2. Execute a middle section, right side 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.
3. Move the right foot to B, turning clockwise and forming a left back stance while executing a right double-knife-hand guarding block to B.
4. Execute a middle section, left side kick to B then lower the left foot into a right back stance while executing a high section, left double forearm guarding block to B.
5. Move the left foot to D forming a left front stance while executing a left down block to D, then execute a middle section, right reverse punch to D.
6. Execute a high section, right front kick to D then lower the right foot to D forming a right front stance while executing a middle section, left reverse punch to D
7. Execute a high section, left front kick to D, then lower the left foot to D, forming a left front stance while executing a middle section, right reverse punch to D.
8. Execute a high section, right side kick to D. *Kihap*! Then lower the right foot to D forming a left back stance while executing a high section, right double forearm guarding block to D.
9. Move the left foot to F, turning counterclockwise, and forming a right back stance while executing a high section, left forearm square block to F.
10. Execute a middle section, right side kick to F, then lower the right foot into a left back stance while executing a high section, right double forearm guarding block to F.
11. Move the right foot to E, turning clockwise and forming a left back stance while executing a high section, left forearm square block to E.
12. Execute a middle section, left side kick to E, then lower the left foot into a right back stance while executing a high section, left double forearm guarding block to E.

13. Move the left foot to C forming a left front stance while executing a left down block to C, then execute a middle section, right reverse punch to C.
14. Execute a high section, right front kick to C, then lower the right foot to C, forming a right front stance while executing a middle section, left reverse punch to C.
15. Execute a high section, left front kick to C then lower the left foot to C forming a left front stance while executing a middle section, right reverse punch to C.
16. Execute a high section, right side kick to C. *Kihap*! Then lower the right foot to C forming a left back stance while executing a high section, right double forearm guarding block to C.
17. Move the left foot to A, turning counterclockwise, and forming a right back stance to A while executing a low section, left knife-hand strike to A, followed by a high section, left knife-hand strike to A.
18. 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.
19. Move the right foot to B, turning clockwise, forming a left back stance while executing a low section, right knife-hand strike to B, followed by a high section, right knife-hand strike to B.
20. 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.

End: Bring left foot back, forming open ready stance C.

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

7TH GRADE ORANGE 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.

Self-Defense

Explanation of ACTA Self Defense numbering system.
1.x.x = Single hand grab – same side of the body *(assumes your 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
K.1.x = Knife attack / hand counter technique
K.2.x = Knife attach / foot counter technique

Same side – hand technique

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