



Kim's Tae Kwon Do

American Chung Do Kwan Tae Kwon Do Association

A.C.T.A. MN
702 Debbie Lane
Carver, MN 55315
www.tae-kwon-do.com

Requirements for Rank

White to one Yellow stripe

Basic techniques: front punch, down block, side block, front stance, back stance, horse stance, knife hand strike, knife hand block, front kick, side kick, round kick

One steps: numbers (1) through (4)

Knowledge: meaning of Tae Kwon Do:
The Way of the Hand and Foot

Where Tae Kwon Do is from?
Korea

One to two Yellow stripes

Basic techniques: all as above, step side kick, high-rising block, double forearm block

One steps: numbers (1) through (7)

Knowledge: 4 Rules of Tae Kwon Do
Never do it at home
Never do it at school
Never do it outside of the dojang
Never do Tae Kwon Do on others

Requirements for Rank

2 to 3 Yellow Stripes

Basic techniques: spin-side kick, front leg side-kick

One steps: numbers (1) through (8)

Form: Chon-Ji – 1st half

Knowledge: meaning of form Chon-Ji
Heaven and Earth

Rules of the Dojang

Be quiet

No horseplay

Observe signs

*Bow to the flags when
entering/exiting*

Obey the instructor

Be respectful and humble

Pay attention

3 to 4 Yellow Stripes

Basic techniques: spin-side kick, front leg side-kick

One steps: numbers (1) through (11)

Basic Sparring: numbers (1) through (3)

Form: Chon-Ji – 2nd half

Knowledge: meaning of form Chon-Ji
Heaven & Earth

What makes TKD different from other martial arts?

Uses mostly kicking techniques

Why do we bow to the Flags?

To show respect for the countries.

Requirements for Rank

Students need to be proficient in the following to qualify for promotional testing. Students will earn their 4th stripe at “Mock Testing” the Monday or Thursday prior to Promotional Testing.

4 Yellow Stripes to 8 Gup Yellow Belt

Basic techniques: spin-side kick, front leg side-kick

One steps: numbers (1) through (11)

Basic Sparring: numbers (1) through (3)

Form: Chon-Ji

Knowledge: meaning of form Chon-Ji
Heaven & Earth

Courtesy points toward instructor

Address all instructors as “sir” or “ma-am”

Yield right of way to instructors

Bow when meeting your instructor

Bow when asking a question

Be humble

☯ WHITE BELT ONE STEP SPARRING ☯

1. Step back into a right-side back stance as you execute a left-side knife-hand block, then execute a right middle-section front punch as you move into a left-side front stance.
2. Step to the left (45 degrees) into a horse-riding stance while you execute a left palm block, then execute a right middle-section front punch to the ribs.
3. Same as #2 but execute two middle section punches after the palm block.
4. Same as #2 but execute two middle section punches and one high section punch after the palm block. (start with right side front punch)
5. Step out to the right with the right foot and bring the left foot together (as facing the partner), then execute a right front kick and a right middle section punch as you step into a horse riding stance.
6. Same as #5 but execute double middle section punch. (starting with the right side)
7. Same as #5 but execute double middle section punch and one high section punch.
8. Step back with the left foot and make left foot back stance. Execute a left front kick to the opponents' wrist, then execute a right foot side kick to the middle section.
9. Step back with the right foot and into a back stance. Execute a right foot side kick to the middle section.
10. Same as #9 but after the side kick step into a back stance (outside of your partner) and execute a right side knife hand to the middle section.
11. Same as #10 but, after the knife hand strike to the middle section add another knife hand strike to the high section (neck).

Basic Sparring Technique

Basic sparring simulates free sparring, where one student throws three kicks and the other student steps back and blocks three times.

	Attack	Block	Counter
1.	Front kick Front kick Side kick	Down Block Down Block Down Block	
2.	Front kick Side kick Round kick	Down Block Down Block Side Block	
3.	Front kick Round kick Round kick	Down Block Side Block Side Block	Reverse punch

Kim-Ra Do Forms



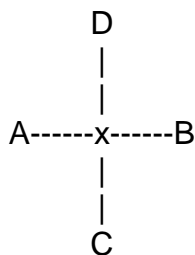
Chon-Jie

Joon-bie: Open Ready Stance C

1. Move the left foot to A, forming a left front stance while executing a left down 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 middle section, right front punch to A.
3. Move the right foot to B, turning clockwise and forming a right front stance while executing a right down block to B.
4. Execute a high section, left front kick to B, then lower the left foot to B, forming a left front stance while executing a middle section, left front punch to B.
5. Move the left foot to D, forming a left front stance while executing a left down block 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, right front punch to D.
7. Move the right foot to C, turning clockwise and forming a right front stance while executing a right down block to C.
8. 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, left front punch to C.
9. Move the left foot to B, forming a right back stance while executing a left high section, forearm side block to B.
10. Execute a high section, right front kick to B, then lower the right foot to B, forming a right front stance while executing a high section, right front punch to B.
11. Move the right foot to A, turning clockwise and forming a left back stance while executing a high section, right forearm side block to A.
12. Execute a high section, left front kick to A, then lower the left foot to A, forming a left front stance while executing a high section, left front punch to A.
13. Move the left foot to C, forming a right back stance while executing a high section, left forearm side block 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 high section, right front punch to C.
15. Move the right foot to D, turning clockwise and forming a left back stance while executing a high section, right forearm side block to D.
16. Execute a high section, left front kick to D, then lower the left foot to D, forming a left front stance while executing a high section, left front punch to D.
17. Execute a high section, right front kick to D, then lower the right foot to D, forming a right front stance while executing a high section, right front punch to D. *Kihap!*
18. Step back moving the right foot toward C, forming a left front stance facing to D while executing a middle section, left front punch to D.
19. Step back moving the left foot toward C, forming a right front stance facing to D while executing a middle section, right front punch to D.

End: Move the left foot forward, forming open ready stance C.



Tae Kwon Do Glossary

Term	Definition
General	
Tae Kwon Do	Kick Punch Way
Dobak	Uniform
Dojang	Practice room
Kwan	School
Chung Do Kwan	Blue Water School
Kim Ra Do	Gold Rooster Way
Sab-bum-nim	Instructor (father)
Ko-sa-nim	Assistant Instructor (oldest brother)
Hung-nim	Assistant (big brother)
Soo-go-hat-sam-nie-da	Good work out (to class)
Kom-sa-hab-nie-da	Thank you
CheonMaNeYo	You're welcome
Commands	
Ki-hahp	Yell
Char-rot	Attention
Kyung-nae	Bow
Jhoon-be	Ready
Si-jahk	Start/Begin
Ko-mahn	Stop
Torah	Turn Around
Bah-ro	Return to ready
Shi-ut	At ease
Stances and Strikes	
Kibon-dohngjak	Basic Exercises
Soodo	Knife hand
Joo muk	Fist
Mok-ki	Blocking
Taeriki	Striking
Ha-dahn	Down
Yup	Side
Ahp	Front
Tolryo	Round
Yuk-soodo	Reverse Knife-hand
Kwansoo	Hand spear
Pal-potki	Forward punch
Jungdan-chongjin	Advancing middle punch
Sangdan-chongjin	Advancing high punch
Jungul Sokki	Front Stance
Hoogul Sokki	Back Stance
Kima Sokki	Horse Riding Stance
Yup-mokki	Side Block
Yok-jin	Reverse Punch
Sahng-soo	Double back fist strike
An-soodo-taeriki	Inverted Knife Hand strike
Sangdan-chugi-mokki	High Rising Block
Chung-gwan	Palm Heel Strike

Tae Kwon Do Glossary

Term	Definition		
Kicks			
Chah-ki	Kick		
Ahp-chahki	Front Kick		
Yup-chahki	Side Kick		
Tolryo-chahki	Round Kick		
Dwi tora yup-chahki	Spin Side Kick		
Dwit-whoergi	Spin Heel		
Twimiro ahp-chahki	Jump Front Kick		
Twimiro yup-chahki	Jump Side Kick		
Twimiro tolryo-chahki	Jump Round Kick		
Miro yup-chahki	Hop Side Kick		
Twimiro dwi-tora yup-chahki	Jump Spin Side Kick		
Sparring			
Il bo dae-ryon	One-step Sparring		
Som bo dae-ryon	Three-step Sparring		
Gyuru Dae-ryon	Free Sparring		
Hyung			
Chong-ji	Heaven & Earth (white)		
Jae-Sang	Revitalization (8 yellow)		
Dan-Gun	Founder of Korea (7 orange)		
Shilla	Ancient Kingdom of Korea (6 green)		
Won-Hyo	Ancient Buddhist Monk (5 dark green)		
Won-Kwang	Ancient Buddhist Monk and teacher (4 blue)		
Al-Jie	1 st Decendent of GM Kim (3 dark blue)		
Mi-Chu	Ancient King (2 brown)		
Hwa-Rang	Ancient Knights (1r brown)		
Kwang-Chung	Ancient Hwa Rang leader (1d brown/ 1R Black)		
Chin-hung	Korean King (1D Black)		
Duk-won	Patriot – grandfather of GM Kim (2R Black)		
Mun-Mu	Ancient King (2D Black)		
Sun-Duk	Ancient Queen (3R Black)		
Tae-Jong	Ancient King (3D Black)		
Yul-Shin	Ancient General (4D Black)		
Ul-Ji	Ancient General (5D Black)		
Counting			
Hana	One	Il	1st
Tul	Two	Ee	2nd
Set	Three	Sam	3rd
Net	Four	Sah	4th
Tasot	Five	Oh	5th
Yosot	Six	Yook	6th
IlGob	Seven	Chil	7th
Yudol	Eight	Pal	8th
Ahop	Nine	Koo	9th
Yeol	Ten	Sip	10th
SeuMool	Twenty	Ee Sip	20th
SoReun	Thirty	Sam Sip	30th



Kim's Tae Kwon Do

American Chung Do Kwan Tae Kwon Do Association

A.C.T.A. MN
702 Debbie Ln.
Carver, MN 55315

Tae Kwon Do: Korean Karate

The Korean Martial Art of TaeKwon Do is designed to develop the mental and physical aspects of the individual to their highest potential. TaeKwon Do, which literally means "foot-hand-way" has a long history. Although the name TaeKwon Do was coined in 1955 by General Choi Hong Hi at the International conference of Korean Master Instructors, its history stems from the ancient kick-fighting Art of TaeKyon, which began more than 1400 years ago in Korea.

Today, TaeKwon Do is practiced in over 150 countries and has more than 30 million practitioners throughout the world. TaeKwon Do is clearly recognized as the most widely practiced martial art in the United States and one of the top three internationally. TaeKwon Do is extremely popular for several reasons: (1) it combines centuries of thought with modern physics and scientific studies to establish an outstanding system of mental and physical development; (2) independent academic research has demonstrated that TaeKwon Do is capable of significantly improving the cardiovascular and respiratory systems of its practitioners, even individuals who have suffered from heart-attacks and strokes; (3) it enhances the individual's mental capabilities (i.e., it improves concentrations skills, permits the mind to focus for longer periods of time on specific directions and goals, increases self-control, develops self-discipline, encourages the individual to respect authority, and exposes the student to a variety of ways to control and relax the mind and body; and (4) has distinguished itself with its highly developed combination of kicking, blocking, and hand techniques as the best method of self-defense currently available.

The attitude and behavior of the TaeKwon Do student is governed by the Art's Tenets: *Courtesy* (respect for self and others); *Integrity* (honesty with self and others); *Perseverance* (tenacity to continue efforts to a logical conclusion); *Self-Control* (capability to maintain a stable and positive attitude and behavior); and *Indomitable Spirit* (striving to reach one's full potential and living one's principles).

The TaeKwon Do environment provides an excellent opportunity for families, couples, and individuals of all ages to enhance their mental and physical abilities.

White Belt Drills

On heavy bag or shield.

- 10 front kicks each leg
- 10 side kicks each leg
- 10 round kicks each leg
- 10 punches each hand

On focus pad or blocker

- 10 side blocks each side
- 10 down blocks each side