



# 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

### 9 Gup White/Yellow Belt 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-Jie

Knowledge: meaning of form Chon-Jie

*Heaven & Earth*

Why do we bow to the Flags?

*To show respect for the countries*

What makes TKD different from other martial arts?

*Uses mostly kicking techniques*

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.

	<i>Attack</i>	<i>Block</i>	<i>Counter</i>
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.*

