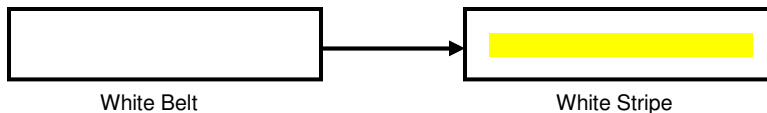


# Mt Kim Tae Kwon Do Official Study Guide



Students must know all requirements for previous ranks in addition to the following knowledge:

**Blocks**

**Down Block...middle punch**  
Front stance; Hug yourself with blocking arm on top;  
Front arm blocks, back arm punches

**High Block...face punch**  
Front stance; Hug yourself with blocking arm on bottom; Front arm blocks, back arm punches

**Middle Block**  
Back stance; Put hands in "X" position in front of face with blocking arm behind other arm; Block with the thumb side of the wrist

**Strikes**

**Back kick**  
Pivot on the front foot to point it in the direction of your kicking (back) foot, look over your shoulder in the direction of the kick, continue turning and perform a side kick with the former back foot.

**Stances**

**Walking**  
Body facing forward, no special positioning with feet...Just like walking

**One-Step Sparring**

- Step with right foot into horseback riding stance, outer block with left arm; Triple middle punch starting with right hand
- Step into horseback riding stance with left leg; Outside block with right arm and grab attacker's wrist; Neck chop with left hand and elbow punch across the face with left elbow while pulling on wrist.
- Step into horseback riding stance with right leg; Outside block with left arm and grab attacker's wrist; Right hand face punch... Uppercut elbow strike with right elbow while pulling on wrist.

**Form**

**Kybon Hyung (part 1)**

(Pivot with Back Foot on ALL Turns)

- Turn left 90° into left walking stance; Left down block
- Step into right walking stance; Right middle punch
- Turn right 180° (all the way around) into right walking stance;  
Right down block
- Step into left walking stance; Left middle punch
- Turn left 90° into left walking stance; Left down block
- Step into right walking stance; Right middle punch
- Turn right 180° (all the way around) into right walking stance;  
Right down block
- Step into left walking stance; Left middle punch Ki-yup (yell)
- Ba-ro (return to ready stance on instructor's command)

**Philosophy**

What does Tae Kwon Do mean?

**Tae = Feet**

**Kwon = Hand**

**Do = Mind**

**Terminology**  
Counting to five in Korean

One	hana
Two	dool
Three	set
Four	net
Five	dassut