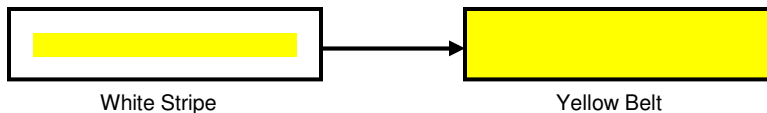


Mt Kim Tae Kwan Do Official Study Guide



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

Blocks

Inner Wrist-hand block (inside block)

Front stance, from behind the ear, block with pinky finger side of wrist, front hand blocks

Outer wrist-hand block (outside block)

Front stance, form an "X" position with arms in front of body, block with pinky finger side of wrist, front hand

Strikes

Skip side kick

Back leg goes behind front leg,
Front leg performs side kick

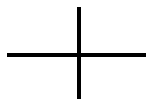
One-Step Sparring

4. Step outside attacker's left foot with left foot; Left hand inside block; Rotate right 180 degrees; Right reverse elbow to attacker's mid-section; Right back fist to face
5. Step outside attacker's right foot with your left foot; Left inside block; Right middle punch; Left middle punch; Right face punch; Hook under attacker's right arm with your right arm and grab shoulder; Sweep attacker's right leg with your right leg take him to the ground; Left hand face punch.

Form

Kybon Hyung (part 2) **(Pivot with Back Foot on ALL Turns)**

Must know both parts for test
Start from last move of Kybon Hyung part 1



1. Turn left 90° into left back stance, Left single knife hand block
2. Step into right front stance; Right middle punch
3. Turn right 180° "all the way around" into right back stance; Right single knife hand block
4. Step into left front stance; Left hand middle punch
5. Turn left 90° into left back stance; Left single knife hand block
6. Step into right front stance; Right middle punch
7. Turn right 180° "all the way around" into right back stance; Right single knife hand block
8. Step into left front stance; Left middle punch
9. Step into right front stance; Right middle punch
10. Step back with the right leg into left front stance; Left inside block
11. Step back with the left leg into right front stance; Right inside block; Ki-yup (yell)

Philosophy

Why do you take Tae Kwan Do?

Strong Mind

Strong Body

Self Defense

Terminology

Counting from six to ten in Korean

Six	yassut
Seven	elgolp
Eight	yadul
Nine	ahope
Ten	yul