



Mt Kim Tae Kwan Do Official Study Guide



Yellow Belt



Yellow Stripe

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

Blocks

Double Knife Hand Block -

Back stance
Front arm starts guarding the solar plexus; Palm up
Back arm starts extended behind body; Palm down
Back arm moves to guard solar plexus; Palm up
Front arm moves to single knife hand block position;
Palm angled out

Strikes

Skip Front Kick -

Back leg crosses in front of front leg
Front leg front kick

Skip Round Kick -

Back leg crosses in front of front leg
Front leg round kick

Neck Chop -

Front stance, Open hand behind ear, Strike with pinky side of hand

One-Step Sparring

1. Step with right foot, inside opponent's right foot, into front stance; Left outer wrist hand block... Grab opponent's wrist; Right hand middle punch; Step right foot outside opponent's right foot into horseback riding stance; Pull opponent's wrist and right reverse elbow to his ribs.
2. Step with left foot, outside opponent's left foot, into horseback riding stance; Left inner wrist hand block; Left reverse elbow to opponent's ribs; Left hand neck chop
3. Step with right foot, outside opponent's right foot, into horseback riding stance; Right inner wrist hand block; Turn body 180°; Left reverse elbow to midsection; Left backfist to face; Left hammerfist to groin area

Form

Tae Guek IL Jang (Pivot on back foot unless specified)

1. Turn left 90° into left walking stance; Left down block
2. Step into right walking stance; Right middle punch
3. Turn right 180° into right walking stance; Right down block
4. Step into left walking stance; Left middle punch
5. Turn left 90° into left front stance; Left down block; Right middle punch
6. (Pivot on FRONT Foot) Turn right 90° into right walking stance; Left inside block
7. Step into left walking stance; Right middle punch
8. Turn left 180° into left walking stance; Right inside block
10. Step into right walking stance; Left middle punch
11. Turn right 90° into right front stance; Right down block; Left middle punch
12. (Pivot on FRONT Foot) Turn left 90° into left walking stance; Left high block
13. Right front kick into right walking stance; Right middle punch
14. Turn right 180° into right walking stance; Right high block
15. Left front kick into left walking stance; Left middle punch
16. Turn right 90° into left front stance; Left down block
17. Step into right front stance, right middle punch; Ki-yup (yell)

Philosophy

What are the first 5 commandments of Tae Kwan Do?

Strong Spirit

Noble Effort

Patience

Positive Attitude

Self Confidence

Terminology

Horseback riding stance
Single punch
Double punch
Triple punch

choo joom saegi
mon tong chilgi
du bon chilgi
sae bon chilgi