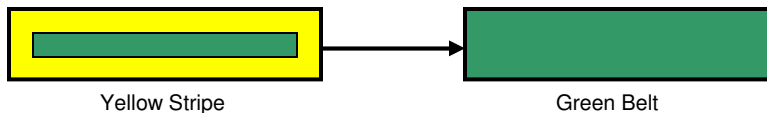


Mt Kim Tae Kwan Do Official Study Guide



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

Blocks

Double Wrist Hand Block -
Back Stance; front hand stacks on top of back hand at back waist; front hand simultaneously moves to a middle block position while back hand moves to a High block position

Reinforced Middle Block -
Front Stance; Front hand stacks on top of back hand at back waist; front hand simultaneously moves to middle block while back hand rests on the inside of the arm at the elbow with the pinky finger of the back hand contacting the inside elbow.

Strikes

Skip Chigichagi (or Skip axe kick) –
Back leg crosses over front leg; Front leg performs an axe kick

Neck Chop –
Front Stance; Front hand is open with all fingers tightly held together; Strike comes from behind the ear, hitting opponent's neck with the pinky finger side of hand.

One-Step Sparring

- Step with left foot into left front stance, block punch with the right outer wrist hand block and grab wrist; Neck chop with the left hand; Elbow punch across attackers face with left elbow; Reverse elbow punch to the other side of attacker's face with left elbow.
- Step into front stance with right leg; block punch with left hand and grab wrist; right hand strikes the groin with ridgehand; pull attacker's wrist with left hand and punch face with the right hand.

Form

Tae Guek li Jong

(All Pivots are on Back Leg unless stated)

- Turn left 90° into left walking stance; Left down block
- Step into right front stance; Right middle punch
- Turn right 180° (all the way around) into right walking stance; Right down block
- Step into left front stance; Left middle punch
- Turn left 90° into left walking stance; Right inner wrist hand block
- Step into right walking stance; Left inner wrist hand block
- (Pivot on FRONT foot) Turn left 90° into left walking stance; Left down block
- Front kick with the right foot landing in right front stance; Right face punch
- Turn right 180° into right walking stance; Right down block
- Front kick with the left foot landing in left front stance; Left face punch
- Turn left 90° into left walking stance; Left high block
- Step into right walking stance; Right high block
- (Pivot on FRONT foot) Turn left 270° into left walking stance; Right inner wrist hand block
- Turn right 180° into right walking stance; Left hand inner wrist hand block
- Turn left 90° into left walking stance; Left down block
- Front kick with right foot landing in right walking stance; Right middle punch
- Front kick with left foot landing in left walking stance; Left middle punch
- Front kick with right foot landing in right walking stance; Right middle punch; ki-yup (yell)

Philosophy

What are the last 5 commandments of Tae Kwan Do?

Respect National Flags

Respect Instructors and Parents

Respect All Ranking Belts

Never Misuse Tae Kwon Do Techniques

There is no defeat, Only Victory

Terminology

Counting from 11 to 20 in Korean

11	Yul hana	16	Yul yassut	Front Kick	Ap chagi
12	Yul dool	17	Yul elgope	Front Stance	Ap Koobi
13	Yul set	18	Yul yadul		
14	Yul net	19	Yul ahope		
15	Yul dassut	20	sumol		