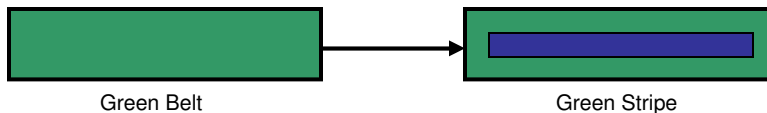


# Mt Kim Tae Kwan Do Official Study Guide



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

<b>Blocks</b>	<b>Strikes</b>
<p style="text-align: center;"><b>Inner Knife Hand Block -</b> Block with the palm of hand moving block towards the inside of your body</p> <p style="text-align: center;"><b>Outer Knife Hand Block -</b> Hands form an "X" in front of face with the front hand behind the back hand; Back hand in a fist, front hand in an open knife hand position; Extend front hand blocking with the pinky side of hand</p>	<p style="text-align: center;"><b>Spear Hand -</b> Front stance; Hands in fists at sides of body; Open hands and extend front arm fully striking with finger tips while placing back hand below front elbow.</p> <p style="text-align: center;"><b>Back Hook Kick -</b> Turn towards back shoulder; Execute a back kick off center and hook foot around to target.</p> <p style="text-align: center;"><b>Back Fist -</b> Front stance; Cross front arm behind back arm; strike at face level using the back of the knuckles</p>

<b>One-Step Sparring</b>
<ol style="list-style-type: none"> <li>Step with left leg into horseback riding stance outside opponent's right leg; Block punch with left inner knife hand block; Right middle punch; Left middle punch, Right face punch; Right middle round kick</li> <li>Step with right leg into horseback riding stance and block punch with right inner knife hand block; Left middle punch; Right face punch while simultaneously grabbing opponent's wrist with the left hand; Grab opponent's shoulder with the right hand; Skip step to the right and sweep opponent's left foot with your right leg; Punch opponent's face with right hand.</li> <li>Step into horseback riding stance with left leg and block punch with left inner knife hand block; With right foot, step outside opponent's right foot into a right front stance; clasp left palm over right fist; Right elbow punch to opponent's ribs; Right reverse elbow punch to back of ribs; Clasp right palm over left fist and rotate left 180° and execute a left reverse elbow to opponent's ribs</li> </ol>

<b>Form</b>	<b>Philosophy</b>
<p style="text-align: center;"><b>Tae Guek Sam Jong</b></p> <p style="text-align: center;"><i>(Pivot on Back leg unless specified)</i></p> <ol style="list-style-type: none"> <li>Turn left 90° into left walking stance; Left down block</li> <li>Right front kick into right front stance; Right middle punch; Left middle punch</li> <li>Turn right 180° into right walking stance; Right down block</li> <li>Left front kick into left front stance; Left middle punch; Right middle punch</li> <li>Turn left 90° into left walking stance; Right neck chop</li> <li>Step into right walking stance; Left neck chop</li> <li>(Pivot on FRONT foot) Turn left 90° into left back stance; Left single knife hand block</li> <li>Step left foot out into left front stance; Right middle punch</li> <li>(Pivot on FRONT foot) Turn right 180° into right back stance; Right single knife hand block</li> <li>Step right foot out into right front stance; Left middle punch</li> <li>(Pivot on FRONT foot) Turn left 90° into left walking stance; Right inner wrist hand block</li> <li>Step into right walking stance; Left inner wrist hand block</li> <li>(Pivot on FRONT foot) Turn left 270° into left walking stance; Left down block</li> <li>Right front kick into right front stance; Right middle punch; Left middle punch</li> <li>Turn right 180° into right walking stance; Right down block</li> <li>Left front kick into left front stance; Left middle punch; Right middle punch</li> <li>Turn left 90° into left walking stance; Left down block; Right middle punch</li> <li>Step into right walking stance; Right down block; Left middle punch</li> <li>Left front kick into left walking stance; Left down block; Right middle punch</li> <li>Right foot front kick into right walking stance; Right down block; Left middle punch; Ki-yup (yell)</li> </ol>	<p style="text-align: center;">What do the first three commandments mean?</p> <p><b>Strong Spirit-</b> Don't give up, esp. when things aren't going your way</p> <p><b>Nobel Effort-</b> Always try your hardest; Always put everything you have into what you're doing</p> <p><b>Patience-</b> Wait peacefully, things don't just happen over night</p>

<b>Terminology</b>					
<b>Counting from 21 to 25 in Korean</b>					
21	Sumol Hana	24	Sumol Net	Round Kick	Dulio Chagi
22	Sumol Dool	25	Sumol Dassut	Back Kick	Dwit Chagi
23	Sumol Set			Back Stance	Dwit Koobi