

# Kajun Martial Arts Belt Assignments

## **1<sup>st</sup> Dan**

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**Basics**      Rear Open Hand Inward Block  
                 Double Front Kick (front and rear leg)  
                 Cross Step Front Kick  
                 Headbutt

**Pattern**      Jung-jik IL Jang

1. Parallel ready stance.
2. Step back with the right leg into a rear dynamic forward stance while executing a rear open hand inward block (Kihap).
3. Execute a low front swing kick (instep).
4. Execute a grab.
5. Execute a head-butt.
6. Execute a rear knee strike (put foot down in front).
7. Execute a rear round elbow.
8. Execute a looping dodge.
9. Execute a rear round elbow.
10. Turn towards the left into a front dynamic forward stance; shift into a rear dynamic forward stance while executing a rear open hand inward block.
11. Execute a low front swing kick (instep).
12. Execute a grab.
13. Execute a head-butt.
14. Execute a rear knee strike (put foot down in front).
15. Execute a rear round elbow.
16. Execute a looping dodge.
17. Execute a rear round elbow.
18. Turn towards the left into a front dynamic forward stance; shift into a rear dynamic forward stance while executing a rear open hand inward block.
19. Execute a low front swing kick (instep).
20. Execute a grab.
21. Execute a head-butt.
22. Execute a rear knee strike (put foot down in front).
23. Execute a rear round elbow.
24. Execute a looping dodge.
25. Execute a rear round elbow.
26. Turn towards the left into a front dynamic forward stance; shift into a rear dynamic forward stance while executing a rear open hand inward block.
27. Execute a low front swing kick (instep).
28. Execute a grab.
29. Execute a head-butt.
30. Execute a rear knee strike (put foot down in front).
31. Execute a rear round elbow.
32. Execute a looping dodge.
33. Execute a rear round elbow.

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34. Execute a rear dynamic front round elbow (Kihap).
  35. Allow the technique to decelerate and drop naturally into a rear dynamic guard stance.
  36. Rear leg steps up to parallel ready stance.
- Repeat opposite side.

- Speed Drills**
1. Left Forward Guard Stance
  2. Cross Step (same time - Front Hand Fake Punch)
  3. Rear Front Kick (front leg before cross step)
  4. Front Inward Punch
  5. Rear Inward Punch
  6. Dodge
  7. Rear Inward Punch
  8. Rear Leg Swing Kick
  9. Spinning Side Kick
  10. Knife Hand
  11. Rear Inward Punch
  12. Dodge
  13. Rear Inward Punch
  14. Rear Leg Front Kick

Repeat on right side.

- Defense Drills**      Defense Drill 1-7

- Air Shield**      Air Shield Attack with free movement  
Bada Chagi Air Shield Attack

- Close Range**      Close Range with Takedown (Adults Only)

- Power Test**      Cross Step Front Kick