

Kajun Martial Arts Belt Assignments

1st Dan Blue Tip

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Basics Back Forearm Inward Block
 Downward Punch (front and rear)
 Double Downward Kick (front and rear)
 Cross Step Downward Kick

Pattern Jung-jik YOOK Jang

1. Parallel ready stance.
2. Step back with the left leg into a rear dynamic side stance, while executing a back forearm inward block (Kihap).
3. Execute a front swing kick.
4. Execute a spinning side kick with the left leg.
5. Execute a front knife hand.
6. Execute a rear claw finger strike.
7. Execute a front upward punch.
8. Execute a rear downward punch.
9. Execute a looping dodge.
10. Execute a rear body diagonal punch.
11. Execute a rear downward punch.
12. Turn towards the right, step back with front leg into a rear dynamic side stance and execute a back forearm inward block.
13. Execute a front swing kick.
14. Execute a spinning side kick with the left leg.
15. Execute a front knife hand.
16. Execute a rear claw finger strike.
17. Execute a front upward punch.
18. Execute a rear downward punch.
19. Execute a looping dodge.
20. Execute a rear body diagonal punch.
21. Execute a rear downward punch.
22. Turn towards the right, step back into a rear dynamic side stance and execute a back forearm inward block.
23. Execute a front swing kick.
24. Execute a spinning side kick with the left leg.
25. Execute a front knife hand.
26. Execute a rear claw finger strike.
27. Execute a front upward punch.
28. Execute a rear downward punch.
29. Execute a looping dodge.
30. Execute a rear body diagonal punch.
31. Execute a rear downward punch.
32. Turn towards the right, step back into a rear dynamic side stance and execute a back forearm inward block.
33. Execute a front swing kick.
34. Execute a spinning side kick with the left leg.
35. Execute a front knife hand.

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36. Execute a rear claw finger strike.
 37. Execute a front upward punch.
 38. Execute a rear downward punch.
 39. Execute a looping dodge.
 40. Execute a rear body diagonal punch.
 41. Execute a rear downward punch.
 42. Execute a front claw finger strike (Kihap).
 43. Decelerate into front dynamic guard stance.
 44. 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 Downward 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 Downward 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 Downward Kick