

Kajun Martial Arts Belt Assignments

1st Dan Brown Tip

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Basics Front Dynamic Rear Open Hand Low Block
 Spinning Double Side Kick
 Spinning Double Reverse Swing Kick
 Spinning Double Downward Kick
 Spinning Double Twisting Kick

Pattern Jung-jik GOO Jang

1. Parallel ready stance.
2. Step back with the left leg into a rear dynamic side stance, while executing a double downward block (Kihap).
3. Execute a front crescent kick.
4. Execute a spinning twisting 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 diagonal punch.
9. Execute a looping dodge.
10. Execute a rear body diagonal punch.
11. Execute a rear downward diagonal punch.
12. Turn towards the right, step back into a rear dynamic side stance and execute a double downward block.
13. Execute a front crescent kick.
14. Execute a spinning twisting 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 diagonal punch.
19. Execute a looping dodge.
20. Execute a rear body diagonal punch.
21. Execute a rear downward diagonal punch.
22. Turn towards the right, step back into a rear dynamic side stance and execute a double downward block.
23. Execute a front crescent kick.
24. Execute a spinning twisting 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 diagonal punch.
29. Execute a looping dodge.
30. Execute a rear body diagonal punch.
31. Execute a rear downward diagonal punch.
32. Turn towards the right, step back into a rear dynamic side stance and execute a double downward block.
33. Execute a front crescent kick.
34. Execute a spinning twisting kick with the left leg.
35. Execute a front knife hand.

Kajun Martial Arts Belt Assignments

1st Dan Brown Tip pg 2

36. Execute a rear claw finger strike.
 37. Execute a front upward punch.
 38. Execute a rear downward diagonal punch.
 39. Execute a looping dodge.
 40. Execute a rear body diagonal punch.
 41. Execute a rear downward diagonal 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 Speed Drill 1

1. Left Side Guard Stance
2. Step Forward (same time - Front Hand Fake Punch)
3. Spinning Side Kick (put foot down in front stance)
4. Knife Hand
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 Side Kick

Speed Drill 2

1. Left Side Guard Stance
2. Step Forward (same time - Front Hand Fake Punch)
3. Spinning Reverse Swing Kick (put foot down in front stance)
4. Knife Hand
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 Reverse Swing Kick

Kajun Martial Arts Belt Assignments

1st Dan Brown Tip pg 3

Speed Drill 3

1. Left Side Guard Stance
2. Step Forward (same time - Front Hand Fake Punch)
3. Spinning Downward Kick (put foot down in front stance)
4. Knife Hand
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

Speed Drill 4

1. Left Side Guard Stance
 2. Step Forward (same time - Front Hand Fake Punch)
 3. Spinning Twisting Kick (put foot down in front stance)
 4. Knife Hand
 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 Twisting Kick
- Repeat all on right side.

Defense Drills

Defense Drill 1-7

Air Shield

(Two shields alternating attack) Air Shield Attack with free movement
(Two shields alternating attack) Bada Chagi Air Shield Attack

Close Range

Close Range with Takedown (Adults Only)

Power Test

Spinning Side Kick (student in the middle with air shield on both sides. Right leg kick immediately followed by left leg kick)

Spinning Reverse Swing Kick (student in the middle with air shield on both sides. Right leg kick immediately followed by left leg kick)