

Kajun Martial Arts Belt Assignments

1st Dan Gold Tip

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Basics Rear Open Hand Palm Low Block
 Double Swing Kick (front and rear leg)
 Cross Step Swing Kick

Pattern Jung-jik SAHM Jang

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

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35. Execute a rear diagonal palm strike.
 36. Execute a rear downward kick.
 37. Execute a front inward punch.
 38. Execute a rear inward punch.
 39. Execute a front dynamic front diagonal palm strike.
 40. Execute a looping dodge.
 41. Execute a rear dynamic front diagonal palm strike.
 42. Execute a rear diagonal palm strike (Kihap).
 43. Decelerate into front dynamic reverse 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 Swing 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 Swing 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 Swing Kick