

Kajun Martial Arts Belt Assignments

1st Dan Green Tip

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Basics Open Hand Upward Block
 Double Heel Front Kick (front and rear)
 Cross Step Heel Kick

Pattern Jung-jik OH Jang

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

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35. Execute a rear reverse knife hand strike.
 36. Execute a rear leg twisting kick.
 37. Execute a front inward punch.
 38. Execute a rear inward punch.
 39. Execute a front dynamic front reverse knife hand strike.
 40. Execute a looping dodge.
 41. Execute a rear dynamic front reverse knife hand strike.
 42. Execute a rear reverse knife hand 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 Heel 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 Heel 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 Heel Kick