

# Kajun Martial Arts Belt Assignments

## 1<sup>st</sup> Dan Orange Tip

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**Basics**          Double Forearm Block  
Downward Elbow Strike (front and rear hand) (Front and Rear Dynamic)  
Double Reverse Swing Kick (front and rear)  
Cross Step Reverse Swing Kick

**Pattern**          Jung-jik SAH Jang

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

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34. Execute a front inward punch.
  35. Execute a rear downward elbow strike.
  36. Execute a rear crescent kick.
  37. Execute a front inward punch.
  38. Execute a rear inward punch.
  39. Execute a front dynamic front downward elbow strike.
  40. Execute a looping dodge.
  41. Execute a rear dynamic front downward elbow strike.
  42. Execute a rear downward elbow 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 Reverse Swing Kick (front leg before cross step)
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

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 Reverse Swing Kick