

# Kajun Martial Arts Belt Assignments

## **1<sup>st</sup> Dan Red Tip**

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**Basics**      Front Dynamic Open Hand Inward Block  
Downward Diagonal Punch (front and rear)  
Double Twisting Kick (front and rear)  
Cross Step Twisting Kick

**Pattern**      Jung-jik PAL 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 downward 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 downward 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 downward 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 downward kick with the left leg.
35. Execute a front knife hand.
36. Execute a rear claw finger strike.

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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**

1. Left Forward Guard Stance
2. Cross Step (same time - Front Hand Fake Punch)
3. Rear Twisting 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 Twisting 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 Twisting Kick