

Kajun Martial Arts Belt Assignments

1st Dan Yellow Tip

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

Pattern Jung-jik EE Jang

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

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35. Execute a rear inward palm strike.
 36. Execute a rear heel front kick.
 37. Execute a front inward punch.
 38. Execute a rear inward punch.
 39. Execute a front inward palm strike.
 40. Execute a looping dodge.
 41. Execute a front inward palm strike.
 42. Execute a rear inward palm strike (Kihap).
 43. Decelerate into front dynamic reverse guard stance.
 44. Front 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 Side 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 Side 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 Side Kick