

Kajun Martial Arts Belt Assignments

Might Warriors - White Belt with Purple Stripe

Basics Front Hand Inward Punches
 Rear Leg Front Kick

Pattern Pattern Name - Gyum-soan IL Jul

RIGHT SIDE

1. Begin in Joon-Be (ready stance)
2. Step back with left leg into a right guard stance, while executing a front outward block with a Kihap.
3. Execute a rear inward punch.
4. Return to Joon-Be stance when instructed to.
5. Rear leg steps up to parallel ready stance.

Repeat on LEFT SIDE - stepping back with the right legalm Strike



Kajun Martial Arts * 38011 Hwy 621, Suite B * Gonzales, LA 70737