

# Kajun Martial Arts Belt Assignments

## Mighty Warriors - Yellow Belt

**Pattern**          Pattern Name - Gyum-soan EE JUL

### RIGHT SIDE

1. Begin in Joon Be stance.
2. Step back with the left leg into a right guard stance, while executing a front outward block w/Kihap.
3. Execute a front leg front kick.
4. Execute a front inward punch.
5. Execute a rear inward punch.
6. Execute a looping dodge.
7. Execute a rear inward punch.
8. Rear leg steps up to Joon Be when instructed to.

**Repeat on LEFT SIDE** - stepping back with the right leg

**Speed Drills**

1. Left forward guard stance.
2. Step forward - front inward punch.
3. Rear inward punch.
4. Dodge.
5. Rear inward punch.
6. Rear front kick.

Repeat on right side.

**Defense Drills**          Defense Drill 3  
One side attacks with punches and kicks while the partner moves backward in a straight line while blocking.

**Air Shield**              Air Shield Attack with free movement

**Close Range**            Double Arm Double Forearm Grab (Adults Only)

**Power Test**             Front Leg Side Kick  
Rear Hand Round Punch

