

Kajun Martial Arts Belt Assignments

Green Belt Sr. (Page 1)

Basics Rear Leg Heel Front Kick
Front Hand Inward Palm Strike

Pattern Gyum-soan OH Jang

RIGHT SIDE

1. Begin in Joon Be stance.
2. Step back with the left leg into a right guard stance, while executing an front open-hand outward block w/Kihap.
3. Execute a front side kick.
4. Execute a front side fist.
5. Execute a rear inward punch.
6. Execute a rear side kick, leaving down in front.
7. Execute a front side fist.
8. Execute a rear inward punch.
9. Execute a front dynamic front round punch.
10. Execute a looping dodge.
11. Execute a rear defensive front round punch.
12. Turn body to the right (DO NOT STEP BACK), while executing a front open hand outward block.
13. Execute a front side kick.
14. Execute a front side fist.
15. Execute a rear inward punch.
16. Execute a rear side kick, leaving foot down in front.
17. Execute a front side fist.
18. Execute a rear inward punch.
19. Execute a front dynamic front round punch.
20. Execute a looping dodge.
21. Execute a rear defensive front round punch.
22. Turn body to the right (DO NOT STEP BACK), while executing a front open hand outward block.
23. Execute a front side kick.
24. Execute a front side fist.
25. Execute a rear inward punch.
26. Execute a rear side kick, leaving foot down in front.
27. Execute a front side fist.
28. Execute a rear inward punch.
29. Execute a front dynamic front round punch.
30. Execute a looping dodge.
31. Execute a rear defensive front round punch.
32. Turn body to the right (DO NOT STEP BACK), while executing a front open hand outward block.
33. Execute a front side kick.
34. Execute a front side fist.
35. Execute a rear inward punch.
36. Execute a rear side kick, leaving foot down in front.
37. Execute a front side fist.
38. Execute a rear inward punch.
39. Execute a front dynamic front round punch.
40. Execute a looping dodge.

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41. Execute a rear defensive front round punch.
42. Rear leg steps up to Joon Be stance when instructed to.

Repeat on LEFT SIDE - stepping back with the right leg, turning to the left

Speed Drills

1. Left forward guard stance.
 2. Step forward - consecutive front inward punch.
 3. Dodge.
 4. Front inward punch.
 5. Rear inward punch.
 6. Rear reverse swing kick.
- Repeat on right side.

Defense Drills

Defense Drill 6

Both side starting from hands down natural stance. One side attacks with one punch or kick while the partner blocks and counter attacks with 3-5 techniques. The first partner dodges or blocks lightly to allow the second partner to execute multiple movements freely.

Air Shield

Air Shield Attack with free movement

Close Range

Rear Choke (Adults Only)

Power Test

Rear Leg Heel Front Kick
Front Hand Inward Palm Strike