

Kajun Martial Arts Belt Assignments

Little Warriors - White Belt with Red Stripe

Basics

All Blocks
Side Fist Strikes
Back Fist Strikes
Knife Hand Strikes
Rear Knee Strike

Pattern

Pattern - name is Gyum-soan IL Jul

Right Side:

1. From Joon Bea (ready stance)
2. Step back with left leg into a right guard stance
3. Execute a front outward block with a Kihap
3. Execute a rear inward punch.
4. Come back to Joon Bea when called.

Left Side:

1. From Joon Bea (ready stance)
2. Step back with right leg into a left guard stance
3. Execute a front outward block with a Kihap
3. Execute a rear inward punch.
4. Come back to Joon Bea when called.

