

Kajun Martial Arts Belt Assignments

Little Warriors - White Belt Sr.

Basics

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

Pattern

Pattern Name - Gyum-soan IL Jang

Right Side:

1. From a Joon Bea stance (ready stance)
2. Step back with the left leg into a right guard stance
3. Execute a front outward block with a Kihap
3. Execute a rear inward punch.
4. Turn into a left guard stance, then Step back with the left leg into a right guard, while executing a front outward block.
5. Execute a rear inward punch.
6. Turn into a left guard stance, then Step back with the left leg into a right guard, while executing a front outward block.
7. Execute a rear inward punch.
8. Turn into a left guard stance, then Step back with the left leg into a right guard, while executing a front outward block.
9. Execute a rear inward punch.
10. Execute a front inward punch with a Kihap
11. Front leg steps back to Joon Bea (ready stance) when called.

Left Side:

1. From a Joon Bea stance (ready stance)
2. Step back with the right leg into a left guard stance
3. Execute a front outward block with a Kihap
3. Execute a rear inward punch.
4. Turn into a right guard stance, then Step back with the right leg into a left guard, while executing a front outward block.
5. Execute a rear inward punch.
6. Turn into a right guard stance, then Step back with the right leg into a left guard, while executing a front outward block.
7. Execute a rear inward punch.
8. Turn into a right guard stance, then Step back with the right leg into a left guard, while executing a front outward block.
9. Execute a rear inward punch.
10. Execute a front inward punch with a Kihap
11. Front leg steps back to Joon Bea (ready stance) when called.

