

Kajun Martial Arts Belt Assignments

Might Warriors - Blue Belt

Pattern Gyum-soan YOOK 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 inward block w/Kihap.
3. Execute a front swing kick (instep/top of foot).
4. Execute a front back fist.
5. Execute a rear upward diagonal punch.
6. Execute a looping dodge.
7. Execute a rear upward diagonal punch.
8. Rear leg steps up to Joon Be stance 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 heel front 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 Under-Arm Bear Hug (Adults Only)

Power Test

Front Leg Downward Kick
Rear Hand Upward Diagonal Palm Strike



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