

Kajun Martial Arts Belt Assignments

Mighty Warriors - Orange Belt Sr. (Page 1)

Basics Front Hand Upward Punch
Rear Leg Reverse Swing Kick

Pattern Gyum-soan SAH Jang

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 side kick.
4. Execute a front side fist.
5. Execute a rear round punch.
6. Execute a looping dodge.
7. Execute a rear round punch.
8. Turn body to the left into a left guard stance.
9. Step back with the left leg into a right guard stance, while executing a front outward block.
10. Execute a front side kick.
11. Execute a front side fist.
12. Execute a rear round punch.
13. Execute a looping dodge.
14. Execute a rear round punch.
15. Turn body to the left into a left guard stance.
16. Step back with the left leg into a right guard stance, while executing a front outward block.
17. Execute a front side kick.
18. Execute a front side fist.
19. Execute a rear round punch.
20. Execute a looping dodge.
21. Execute a rear round punch.
22. Turn body to the left into a left guard stance.
23. Step back with the left leg into a right guard stance, while executing a front outward block.
24. Execute a front side kick.
25. Execute a front side fist.
26. Execute a rear round punch.
27. Execute a looping dodge.
28. Execute a rear round punch.
29. Execute a front inward punch w/Kihap.
30. Front leg steps back to Joon-Be stance when instructed to.

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



Kajun Martial Arts * 38011 Hwy 621, Suite B * Gonzales, LA 70737

Kajun Martial Arts Belt Assignments

Mighty Warriors - Orange Belt Sr. (Page 2)

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 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

Front Under-Arm Bear Hug (Adults Only)

Power Test

Rear Leg Reverse Swing Kick
Front Hand Upward Punch

