

Kajun Martial Arts Belt Assignments

Mighty Warriors - Yellow Belt Sr. (Page 1)

Basics Front Hand Round Punch (Offensive and Defensive)
Rear Leg Side Kick

Pattern Gyum-soan EE 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 leg front kick.
4. Execute a front inward punch.
5. Execute a rear inward punch.
6. Execute a looping dodge.
7. Execute a rear inward 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 leg front kick.
11. Execute a front inward punch.
12. Execute a rear inward punch.
13. Execute a looping dodge.
14. Execute a rear inward 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 leg front kick.
18. Execute a front inward punch.
19. Execute a rear inward punch.
20. Execute a looping dodge.
21. Execute a rear inward 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 leg front kick.
25. Execute a front inward punch.
26. Execute a rear inward punch.
27. Execute a looping dodge.
28. Execute a rear inward punch.
29. Execute a front inward punch with 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

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Mighty Warriors - Yellow 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 front kick.
- Repeat on right side.

Defense Drills

Defense Drill 4
One side attacks with punches and kicks while the partner moves backward freely while blocking.

Air Shield

Air Shield Attack with free movement

Close Range

Double Arm Single Forearm Grab (Adults Only)

Power Test

Rear Leg Side Kick
Front Hand Round Punch

