

# Kajun Martial Arts Belt Assignments

## Blue Belt

**Basics**      Front Leg Downward Kick  
Rear Hand Upward Diagonal Palm Strike

**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