

Kajun Martial Arts Belt Assignments

Brown Belt

Basics Spinning Side Kick
 Spinning Reverse Swing
 Rear Inward Claw Finger Strike

Pattern Gyum-soan GOO 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 open-hand low block w/Kihap.
3. Execute a front reverse swing kick.
4. Execute a front knife hand.
5. Execute a rear inward punch.
6. Execute a rear reverse swing kick.
7. Execute a front knife hand.
8. Execute a rear inward punch.
9. Execute a front upward punch.
10. Execute a dodge.
11. Execute a front upward punch.
12. Front leg steps back to Joon Be 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 twisting kick.

Repeat on right side.

Defense Drills	<p>Defense Drill 7</p> <p>Starting from hands down natural stance, one side attempts to attack. The partner quickly counters with a kick and follows up with 3-5 techniques. The first partner dodges or blocks lightly to allow the second partner to execute multiple movements freely.</p>
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Air Shield Bada Chagi Air Shield Attack

Close Range All Previous Close Range (Adults Only)

Power Test	Spinning Side Kick
	Spinning Reverse Swing
	Rear Inward Claw Finger Strike