

Kajun Martial Arts Belt Assignments

Brown Belt Sr. (Page 1)

Basics Spinning Downward Kick
 Spinning Twisting Kick
 Front Inward Claw Finger Strike

Pattern Gyum-soan GOO 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 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 leaving down in front.
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. Turn body to the right (DO NOT STEP BACK), while executing a front open hand low block.
13. Execute a front reverse swing kick.
14. Execute a front knife hand.
15. Execute a rear inward punch.
16. Execute a rear reverse swing kick leaving down in front.
17. Execute a front knife hand.
18. Execute a rear inward punch.
19. Execute a front upward punch.
20. Execute a dodge.
21. Execute a front upward punch.
22. Turn body to the right (DO NOT STEP BACK), while executing a front open hand low block.
23. Execute a front reverse swing kick.
24. Execute a front knife hand.
25. Execute a rear inward punch.
26. Execute a rear reverse swing kick leaving down in front.
27. Execute a front knife hand.
28. Execute a rear inward punch.
29. Execute a front upward punch.
30. Execute a dodge.
31. Execute a front upward punch.
32. Turn body to the right (DO NOT STEP BACK), while executing a front open hand low block.
33. Execute a front reverse swing kick.
34. Execute a front knife hand.
35. Execute a rear inward punch.
36. Execute a rear reverse swing kick leaving down in front.
37. Execute a front knife hand.
38. Execute a rear inward punch.
39. Execute a front upward punch.

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40. Execute a dodge.
41. Execute a front upward punch.
42. Execute a rear round elbow w/Kihap.
43. Rear leg steps up to Joon Be when instructed to.

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

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 twisting kick.
- Repeat on right side.

Defense Drills

Defense Drill 7

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.

Air Shield

Bada Chagi Air Shield Attack

Close Range

All Previous Close Range (Adults Only)

Power Test

Spinning Downward Kick
Spinning Twisting Kick
Front Inward Claw Finger Strike